

Sermon Series: Truth Be Told
 Text: Proverbs 9; Hebrews 2:1
 Delivered: November 26th, 2023

What's Your Diet?

Big Idea: What we feed our attention with will either form us to be wise or unwise.

Three Important Things We Need to Know About Our Attention (Proverbs 9:1-6, 13-18)

1. Our attention is a _____.
2. There is a _____ for our attention.
3. What we _____ our attention to will _____ us.

Three Questions to Evaluate What We Are Feeding Our Attention With

1. Is it helping me to _____ on what really matters or _____ me from what really matters? (Proverbs 9:6, 15)
2. Is it helping me to think more _____ or is it making me _____ in my thinking? (Proverbs 9:1-3, 13-14)
3. Is it helping me to _____ the LORD or forming me to be _____ and _____ over all sorts of other things? (Proverbs 9:10)

One Thing Truly Worthy of Our Attention (Hebrews 2:1)

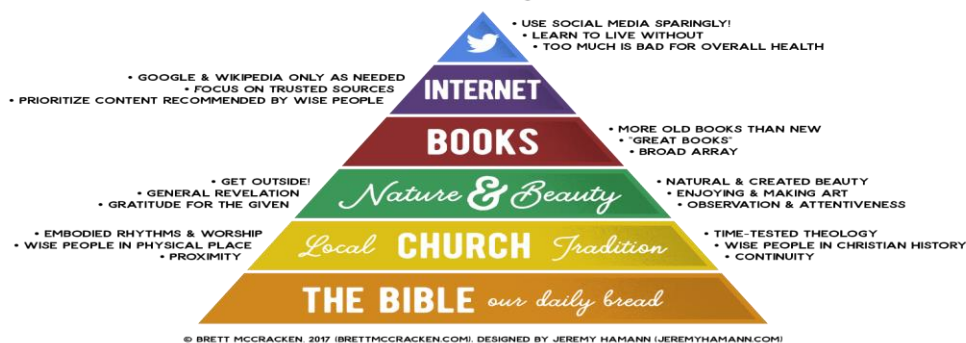
1. Wisdom is found in fixing our _____ . (Hebrews 1)

We dare not let the greatness of Jesus Christ get lost on our affections. This is one of the greatest threats to Christians in the digital age. It's as easy as giving our affections over to this age of the visible spectacle — to this attention economy — and our delight in Christ will deteriorate. We will drift. And that drift, away from Christ, for digital thrills, is the worst trade in the universe — to turn away from God's great Spectacle in favor of the next little buzz of media offered by the world. -Tony Reinke

Takeaways:

1. _____ what you are giving your attention to.
2. _____ what you would like to give more of your attention to.
3. _____ what you would like to change to reprioritize your attention.

Wisdom Pyramid



How have you seen and experienced the effects of the smartphone (and other screens) in your own life? (Think of both positive and negative effects)

Have you thought about your attention being like an appetite and the information/content you look at and listen to being like food? What are some ways this analogy can be helpful and applied to our lives?



Which of the things about our attention that was discussed in the sermon most stuck out to you? Why? Where do you experience the battle for your attention in your own life?

What is behind our effort to consume as much information as possible (and as fast as possible)? What desires in our hearts might this expose?

How have you seen technology distracting you from what really matters? How have you seen technology helping you to focus on what really matters?

Do you have “blank space” that can give you time to process, think, and grow in wisdom? If not, how can you create “blank space”? What are the ways you are prone to fill up any “blank space” you have?

What are some of the ways our digital world and technology is actually making us more anxious? How have you experienced this in your own life?

Take a moment to read Hebrews 1. Make a list of all the ways the author directs our attention to see how great Jesus is? What are all the ways he is highlighting the supremacy of Jesus?

Take time to look over the Wisdom Pyramid. What are the areas in your own life where you are giving too much attention to? What are the areas in your own life where you would like to give more attention to? What are 1-3 things you can do to reprioritize your attention?

Further Resources

- [“The Wisdom Pyramid” – Brett McCracken](#)
- [“Cultivating Wisdom” – CPYU Podcast with Brett McCracken, Walt Mueller, and Brandon Fisher](#)
- [“Who Will Have Your Attention?” – Tony Reinke](#)