

APPETITES: I Just Can't Say "No" To... "My Phone"

- **WHAT'S IN FRONT OF YOU IS MORE IMPORTANT THAN WHAT'S IN YOUR HAND.**
- **LOOK UP**

³⁶ "Teacher, which is the greatest commandment in the Law?" ³⁷ Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.'
³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: 'Love your neighbor as yourself.'
Matthew 22:36-39 (NIV)

- **LOOK AWAY**

¹⁵ Be very careful, then, how you live—**not as unwise but as wise**, ¹⁶ making the most of every opportunity, because **the days are evil**. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is. **Ephesians 5:15-17 (NIV)**

²³ You say, "I am allowed to do anything"—but **not everything is good for you**. You say, "I am allowed to do anything"—but **not everything is beneficial**.
1 Corinthians 10:23 (NLT)

¹ Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. ² We do this by **keeping our eyes on Jesus**, the champion who initiates and perfects our faith.
Hebrews 12:1-2a (NLT)

Divert Daily = DD
Withdraw Weekly = WW
Abandon Annually = AA