

# Forsake the phone

RON MCCLUNG | JULY 11, 2018

I read recently about a study that showed 71 percent of Americans go to bed with their smartphone and 25 percent admitted to falling asleep at least once with the phone still in their hands. Researchers asked more than 90,000 participants to wear a wrist-work accelerometer for seven days, to enable them to analyze how people's habits affected their circadian rhythms. (The National Sleep Foundation defines "circadian rhythm" as "a 24-hour internal clock that is running in the background of your brain and cycles between sleepiness and alertness at regular intervals. It's also known as your sleep/wake cycle.")

One in twenty-five people who wore the accelerometer were found to be just as active at night as they were during the day. Often this was because they were on their phones. These people, according to the study, had a 6 percent greater risk for depression and an 11 percent greater risk for bipolar disorder. It seems many of us have a hard time switching off the events of the day and quieting our minds so we can rest well at night. Daniel Smith of the University of Glasgow said it's important to impose a 10:00 p.m. cut-off on all phone usage to keep our body clocks in good shape.

Corrie Ten Boom survived a Nazi concentration camp during World War II and wrote several books, one in particular about her experiences called The Hiding Place. It was made into a motion picture. She died long before cell phones were popular, but she knew something about being at peace in spite of unspeakable turmoil. She said things like, "**Don't wrestle, just nestle.**"

I recently came across another quote attributed to her: "If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God, you'll be at rest."

So, I encourage you to put down your cell phone and talk to Jesus instead. He said, "**Come to me, all you who are weary and burdened, and I will give you rest**" (Matthew 11:28 NIV).

July 15, 2018

**"The Person God Uses" -  
A Study of Jeremiah**

Sermon Notes:  
**Jeremiah 20:1-18**

**1. \_\_\_\_\_ God how you feel**

**Matthew 26:36-46**

**Matthew 27:46**

**2. \_\_\_\_\_ doing what God  
has \_\_\_\_\_ you to**

**3. Acknowledge the \_\_\_\_\_  
of the Lord**

**Psalm 16:1-11**

***"Living in the glow of God's presence will  
enable you to fight on despite  
discouragement."* ~ A.W. Tozer**

**4. \_\_\_\_\_ God in the \_\_\_\_\_  
times and in the \_\_\_\_\_**

**Psalm 145:16**

**Jeremiah 29:10-11**

**Psalm 22:3**

***Reflection:***

What is one new thing you believe God spoke to you today as a result of worshipping at FOCUS?

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The Word of God directs us as we consider what the *next step* is for our lives. What is your next step? In what ways have you recently faced discouragement? What biblical principles need to be applied to your life this week?

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***Challenge:*** This week I will pray for those who are in national and state government positions:

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## **Communion at FOCUS**

Every Sunday at FOCUS we celebrate the **Lord's Table, also known as Communion.** We have open communion which means all are invited to receive. We receive communion elements by intinction. Tearing off a small piece of the loaf of bread, dipping it in the communion glass of juice, and then consuming it immediately. Please note, upon your request, we also have gluten free elements for those with gluten and other major food allergies.

## **FOCUS Youth Group Tonight**

**6:30 - 8PM**

We will be meeting in the *Upper Room* at FOCUS tonight. Snacks are provided, and friends are welcomed!

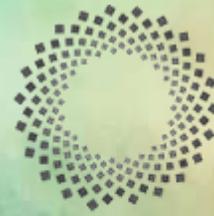
## **No Fellowship Meal this Wednesday.**

Please note that we will not be having Wednesday night meals during the month of July. We will begin again August 1, 2018

## **Annual District Conference - July 20, 2018**

Eastland Church of God | 2598 Liberty Road |  
Lexington KY

Registration begins at 8 AM



**FOCUS**  
WESLEYAN CHURCH



**WELCOME**  
WE'RE GLAD YOU CAME

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