

Unplugged for God
John 2:13-17 / January 18, 2026
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A Different Side of Jesus (John 2:13-17)

- Jesus' zeal in the Temple reveals what matters deeply to God
- Anything that crowds out access to God matters to Jesus
- We are now God's Temple—what fills us shapes us

The Good, the Bad, and the Ugly of Digital Life

The Good

- Connection, learning, access, care, mission

The Bad

- Excessive screen time across all ages
- Mental health, focus, sleep, relationships impacted
- Time and attention quietly consumed

The Ugly

- Bullying, addiction, pornography, gambling, distortion
- What connects us can also exploit us

A Formation Strategy for a Digital Age

- Be Prudent – See danger early and take refuge (Prov 27:12)
- Unplug & Abide – Withdrawal creates space for fruit (Mark 1:35; John 15:5)
- Don't Copy—Be Transformed – Formation requires intention (Rom 12:2)
- Stay Alert – Distraction makes us vulnerable (1 Pet 5:8)

Application: A Digital Fast

- 24-hour fast from your biggest digital distraction
- Consider a 7-day fast from one app or platform
- Phones out of bedrooms • Device-free meals • Daily connection hour