



There's an app for that.
August 30 thru September 13 at 9 and 11AM



The Journey
Week of 9.13.09

There's An App For That: Immunity

By Sarah Leimer

Working in an agency that primarily serves children, this time of year typically brings with it many discussions about how to prepare for the upcoming flu season. In hopes of preventing widespread staff illness, many steps are taken to build our physical immunity for the season. While it's helpful to take precautionary steps to protect our health, is it possible that as believers we should also be worrying about interferences with our spiritual health as well? The Enemy uses our cultural "noise" and over stimulating environments to foster an unwanted spiritual resistance to what God says is important. As believers, are there ways to better enable ourselves to experience God's presence in a more powerful way?

In thinking about this in the context of my own life, I realized that the steps I would need to take would require me to do pretty much the opposite of what I've actually been doing. It would include watching less television, reading fewer blogs, talking in person or on the telephone more and actually having real, non-typed conversations with people. It would require that I slow down and actually spend time reading my Bible, doing a study and talking to God rather than saying some quick prayers while driving to work. It would necessitate my spending intentional time in God's Word and actually seeking to know more about him rather than totally relying upon a weekly Sunday sermon to be my "spiritual food" for the week. It would be about reading more books, enjoying more time with my husband and even carving out time for just resting as God designed for us to do.

By slowing down, being still and waiting for the Lord, we just might catch a glimpse of how he is choosing to reveal himself to us each day. By allowing our hearts to be touched by another's prayers, we will be blessed with a deeper experience of community. By refusing to simply go through the motions of the day, we end up actually being truly present for life's good and bad moments. By reducing our reliance upon the presence of some technological mediums in our relationships, we can't help but experience, celebrate, weep and share in some of life's most pivotal moments on a much deeper and more personal level.

Sadly, it is the Enemy's desire for us to miss this beauty and rich relationship God designed for us and he works diligently to distract us with busyness and ever engaging technology. God desires for us to experience His beauty every day. He readily waits for us to allow him to provide His kind of spiritual inoculation which provides a kind of immunity rendering the Enemy powerless over our lives. Thus allowing our time to be spent living in victory, relationship, community and peace.

"We loved you so much that we were delighted to share with you not only the gospel of God but our lives as well..."

~ 1 Thessalonians 2:8 (pg. 810)

(You are encouraged to use the SOAP – Scripture, Observation, Application and Prayer Method for a guide. Example available at <http://www.heartlandchurch.org/index.php/grow/journey>. Page numbers refer to "The Story of God" Bible available for free at the Grow Space.)

monday, 9.14.09

Read: Genesis 2:15-25 (pg. 2)

tuesday, 9.15.09

Read: Ecclesiastes 4:7-12 (pg. 455), Proverbs 18:24 (pg. 444)

wednesday, 9.16.09

Read: 2 John & 3 John (pg. 841-2)

thursday, 9.17.09

Read: Matthew 26:36 – 56 (pg. 680)

friday, 9.18.09

Read: Mark 9:1-29 (pg. 691)

Additional Resources:

- **Sunday's Sermon:** Click [here](#) for podcast, or here for [video](#)
- **HCC Small Group Opportunities:** click [here](#).
- **Against The Machine**, by Lee Siegel
- **Always On**, by Naomi S. Baron
- **The Hidden Power of Electronic Culture**, by Shane Hipps
- **"In Defense of Distraction"** – a thought provoking article by Sam Anderson in New York Magazine
- **HellHole** – a great article in the New Yorker about solitary confinement

Small Group/ 1:1 Question Samplers:

1. Per Sunday's sermon, what's the "one thing" you're going to change about how you use technology?
2. Per Sunday's sermon, draw 2 circles and label one "weak ties" and the other "strong ties." Then put names of friends in either circle. What observations do you have about the nature of your friendships? How many of your "strong ties" are a part of your local church community?
3. If, like Jesus, you were either in great need (Matthew 26:36-56) or you wanted to reveal some deep things about yourself (Mark 9:1-29), what 3 friends would you invite?