

THEREFORE, SINCE WE ARE SURROUNDED BY SUCH A GREAT CLOUD OF WITNESSES, LET US THROW OFF EVERYTHING THAT HINDERS AND THE SIN THAT SO EASILY ENTANGLES. AND LET US RUN WITH PERSEVERANCE THE RACE MARKED OUT FOR US, FIXING OUR EYES ON JESUS, THE PIONEER AND PERFECTER OF FAITH. FOR THE JOY SET BEFORE HIM

HEBREWS 12:1-2

HE ENDURED THE CROSS, SCORNING ITS SHAME,
AND SAT DOWN AT THE RIGHT HAND OF THE
THRONE OF GOD.

HEBREWS 12:1-2

FORMATION

THE ART & SCIENCE

OF HOW WE CHANGE

VOLUME III: REST

HEBREWS 12

V. 1-2

FORMATION



FORMATION

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- 84% OF MEN AND 79% OF WOMEN ARE SMARTPHONE USERS.

FORMATION



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GOD ONLY KNOWS WHAT IT'S DOING TO OUR CHILDREN'S BRAINS. THE THOUGHT PROCESS THAT WENT INTO BUILDING THESE APPLICATIONS, FACEBOOK BEING THE FIRST OF THEM,...WAS ALL ABOUT: "HOW DO WE CONSUME AS MUCH OF YOUR TIME AND CONSCIOUS ATTENTION AS POSSIBLE?"** AND THAT MEANS THAT WE NEED TO SORT OF GIVE YOU A LITTLE DOPAMINE HIT EVERY**

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FORMATION

ONCE IN A WHILE, BECAUSE SOMEONE LIKED OR COMMENTED ON A PHOTO OR A POST OR WHATEVER. AND THAT'S GOING TO GET YOU TO CONTRIBUTE MORE CONTENT, AND THAT'S GOING TO GET YOU...MORE LIKES AND COMMENTS. **IT'S A SOCIAL-VALIDATION FEEDBACK LOOP..EXACTLY THE KIND OF THING THAT A HACKER LIKE MYSELF WOULD COME UP WITH, BECAUSE YOU'RE**

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EXPLOITING A VULNERABILITY IN HUMAN PSYCHOLOGY.

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FORMATION

REASONS WE RUN TO OUR PHONES:

FORMATION

REASONS WE RUN TO OUR PHONES:

- BOREDOM

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REASONS WE RUN TO OUR PHONES:

- BOREDOM
- APPROVAL

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REASONS WE RUN TO OUR PHONES:

- BOREDOM
- APPROVAL
- INACTIVITY

FORMATION

REASONS WE RUN TO OUR PHONES:

- BOREDOM
- APPROVAL
- INACTIVITY
- DISCONTENTMENT

FORMATION



FORMATION

**WE BECOME
LIKE WHAT
WE BEHOLD**

FORMATION



FORMATION

AND WE ALL, WITH UNVEILED FACE, **BEHOLDING**
THE GLORY OF THE LORD, ARE **BEING**
TRANSFORMED INTO THE SAME IMAGE FROM
ONE DEGREE OF GLORY TO ANOTHER. FOR THIS
COMES FROM THE LORD WHO IS THE SPIRIT.

2 CORINTHIANS 3:18

FORMATION



FORMATION

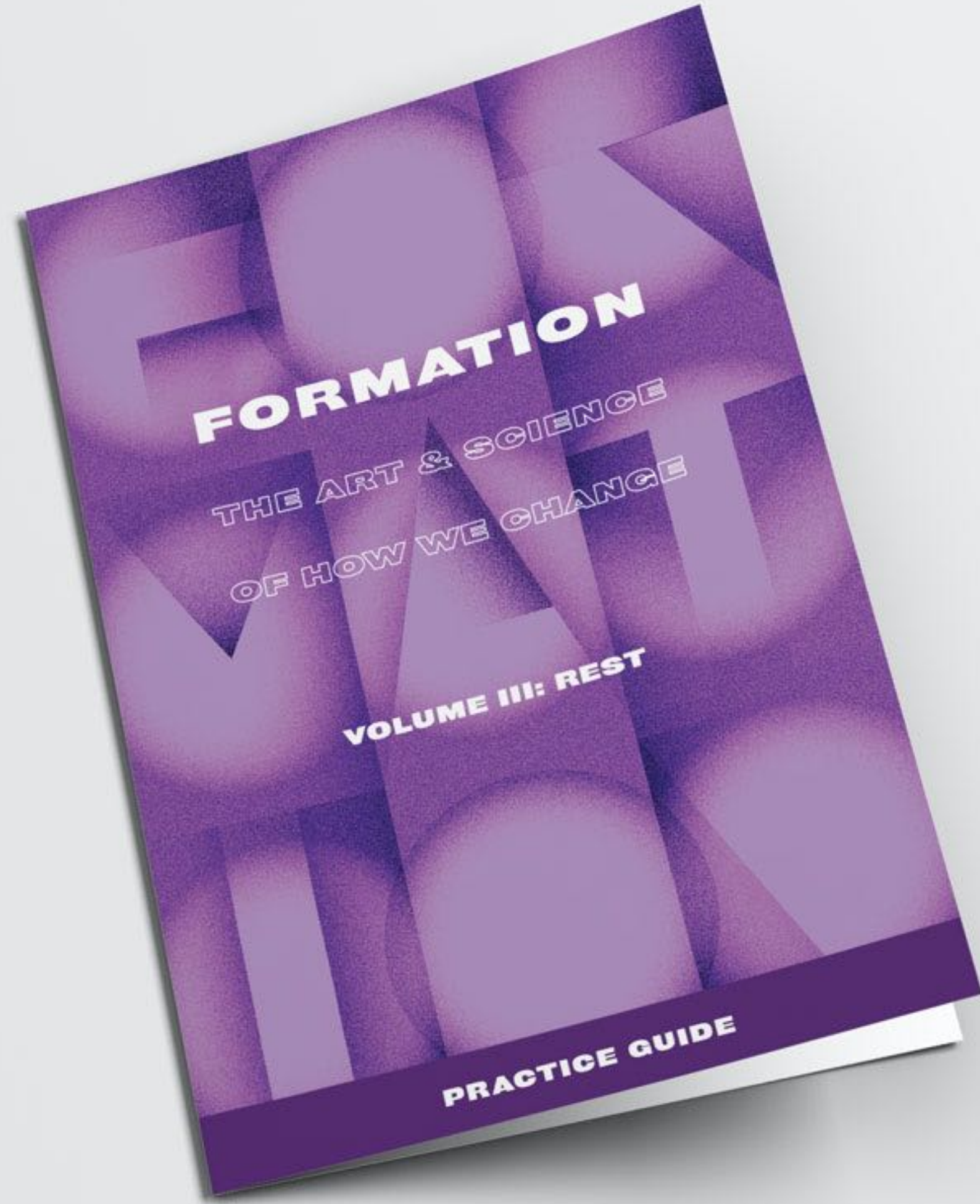
HEBREWS 12

V. 1-2

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Practice Guide
PDF available at
citychurchknox.com/rest

PRACTICE #1:
**PARENTING
YOUR PHONE**

FORMATION

PRACTICE #2:
**MAKE YOUR PHONE
JUST A PHONE**

FORMATION



FORMATION