

Kenny  
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Entertainment  
&  
Media

Invite you to take out your phones if you have them, open the notes app, we're going to write down some things as we go through this presentation



Has this ever happened to any of you?

What is  
**more**  
**valuable**  
than  
**money?**

Take guesses

Attention

Everyone write down in your note, "The most valuable thing I have is my attention"  
Tech companies metrics  
Time on page  
Increase time = increase share value  
Gaming systems are designed the same way, they want to keep your attention as long as possible

Which **apps** are designed to **take** as much of **our attention** as possible?

- Why do they want your attention?
- You only have so much attention you can give away, so if you're giving it to one app, you're not giving it to another.
- It's a giant race for your attention.
- Youtube starts autoplaying another video? Netflix follows suit. Facebook then does the same.
- Why does marvel keep making more movies?

M Russell Ballard says it really really well: "Handheld devices, such as smartphones, are a blessing, but they can also distract us from hearing the "still, small voice." They need to be our servants, not our masters. For example, if later tonight you share inspiring thoughts from this devotional on social media, your smartphone is a servant. If you randomly surf the Internet, your smartphone is a master."

What does it mean to you if your phone or device is your master? Your servant?  
Examples?

Download phone bgs at:  
<https://kenny.vegas/sn>

Write that link in your notes, do it, do it now.

How do we  
become  
**masters of**  
our  
**technology?**

I have one really easy way to start taking back your attention from your technology

Turn off all  
**NOTIFICATIONS**

Every time you get a notification there is an allotment of attention taken away from you. Even if you don't view it in that instance, you have blocked out that attention span for later.  
Story about being in law school when I learned about turning my notifications off on email.  
We have to learn to focus our attention in other places

What **SHOULD** we  
**FOCUS** our **ATTENTION** on?

Ask for answers

- Feeling the spirit!
- Parents
- Community
- Exercise
- Church



- Did you pick up on anything specific in that clip?

We simply have too many **distractions** to capture our **attention**, unlike any time in the history of the world.

If your life is void of quiet time, would you begin tonight to seek for some?

- What is our apostle asking us to make sure we spend some of our attention on?
- learn to understand the spirit, don't let entertainment rob that from you

**Attention**  
defined

notice taken of someone or something; the regarding of someone or something as interesting or important

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