

## **“When Hype Fades”**

*From dopamine hits to divine Presence*



## **Introduction:**

### **The Dopamine Trap**

Let's name the quiet driver of so much of our lives: dopamine.  
That little thrill in your brain when life hits just right.

- Paycheck lands—dopamine.
- Crush replies—dopamine.
- Selfie gets a flood of likes—dopamine.
- Gym flex, new shoes, killer playlist—dopamine.
- Even in worship—when the band hits just right, chills down your spine—dopamine.

God wired us to enjoy. That's not the problem.  
The problem is we start chasing the *feeling* instead of the *Father*.  
We crave the high, but we crash every time.  
Dopamine's a sprinter. God's Presence is a marathon.  
Are we living for the buzz—or resting in the One who never fades?

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## **Truth**

God's Presence isn't a fleeting high—it's a holy home.  
Not a spark we chase, but a fire that stays.

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## **Tension**

We've become dopamine junkies—always needing the next thing.  
New video. New romance. New rush.  
Even church can turn into a hype machine—lights, volume, emotion.  
But the crash always comes.  
We're restless, empty, burned out.  
Have we traded the steady flame of God's Presence for spiritual fireworks that fizzle?

**What if God isn't in the noise—but in the stillness?**

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## **Biblical Foundation**

### **Exodus 33:14–15 (NKJV)**

"And He said, 'My Presence will go with you, and I will give you rest.'

Then he said to Him, 'If Your Presence does not go with us, do not bring us up from here.'"

### **Psalms 27:4 (NKJV)**

"One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord all the days of my life, To behold the beauty of the Lord, and to inquire in His temple."

### **Acts 3:19 (NKJV)**

"Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord."

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## **Meaning of the Scripture Truth**

- ♦ *Exodus*: Moses didn't want success without Presence. That's the win—God *with* us.
  - ♦ *Psalms*: David had everything, but he only wanted one thing: to stay near God—every day.
  - ♦ *Acts*: True refreshment doesn't come from hustle, but from surrender.
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## **Transformation**

When we choose God's Presence over hype:

- Striving becomes **resting**
- Burnout becomes **refreshing**
- Chasing becomes **dwelling**

Imagine peace that stays, joy that holds, and purpose that doesn't blur.  
That's life rooted in Presence—not performance.

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## **Reflective Prompt**

- What's your dopamine fix—the thrill that excites but empties?
- Is your faith built on a cycle of hype or a rhythm of holy connection?
- Can you pray like Moses: *"If You're not going with me, I'm not going"*?

**Challenge:** Take 10 minutes today—no phone, no noise. Just sit with God.

Ask, *“What are You doing in me right now?”*

Then wait. Let His Presence speak louder than your pace.

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## **Prayer**

Lord,

We’re done chasing what fades.

We want more than a moment—we want You.

Break our addiction to quick fixes and give us hunger for the holy.

Fill our emptiness with Your steady flame.

Teach us to rest, to abide, to stay.

Amen.