

HAUNTED HOUSE 1: Zombie - Mindless Living

Chris Fluit

October 4, 2026

Key Scriptures: Ephesians 5:14-16; James 1:22; Matthew 4:19; John 6:67-68; John 10:10; Psalm 139:23

Big Idea: Jesus calls us out of autopilot and into a life of purpose, choice, and following Him.

HAUNTED HOUSE BUMPER

Everybody has a monster they need to fight - something that can quietly take over if we let it.

Haunted House Message Outline

October 11 - Vampire: Draining Relationships

October 18 - Werewolf: Situations & Habits That Transform You

October 25 - Ghost: The Past That Haunts You

Four monsters. Four honest conversations. Four chances to stop something from running your life.

Free Haunted House Field Guide

8 monsters you may be dealing with. + plan

Today: **Zombie - Mindless Living**

Made a decision: 5:30 AM. Better health. Workout. Good decision.

ALARM - snooze. ALARM - snooze.

I am not really making decisions anymore.

I am **REACTING**.

The night before I had a plan.

Morning came... on **AUTOPILOT**.

Life on Autopilot

- Check 1 thing on the phone... 30 minutes later.
- Watch 1 episode... 3 episodes deep: "Are you still watching?"
- Start a diet... "I better start tomorrow."

Life on autopilot is a life that just goes through the motions.

A Zombie is moving, but not really living.

No real thought. No real purpose. No real direction. Just motion.

MOVING, BUT NOT REALLY LIVING STATS

- **43% of everyday behavior is habitual.**

Source: American Psychological Association - Wendy Wood habit research

<https://www.apa.org/news/podcasts/speaking-of-psychology/behavioral-habits>

- **44% of U.S. adults say they are online almost constantly.
63% Among adults ages 18-29**

Source: Pew Research Center - 2026 overall internet frequency; 2025 age-specific survey published Jan. 2026

<https://www.pewresearch.org/chart/frequency-of-internet-use/>

<https://www.pewresearch.org/chart/a-majority-of-adults-under-30-say-they-use-the-internet-almost-constantly/>

- **Microsoft 365 data: users are interrupted by a meeting, email, or chat ping about every 2 minutes during core work hours.**

Source: Microsoft Work Trend Index 2025 - Microsoft 365 telemetry

<https://www.microsoft.com/en-us/worklab/work-trend-index/2025-the-year-the-frontier-firm-is-born>

We are distracted. And AI automation is not helping...

Our way of life is making Zombie living easier:

Going through the motions.

Reacting instead of choosing.

Hitting snooze on what matters.

The danger is not automation. The danger is an unengaged life.

God has something to say about it.

God gives us three things to solve our zombie problem.

3 things to solve your zombie problem

1. Wake Up

Ephesians 5:14 NIV

“Wake up, sleeper, rise from the dead, and Christ will shine on you.”

ARE YOU A SLEEPER?

You may be a sleeping Zombie if...

- you keep postponing what you say matters.
- your phone decides where your attention goes.
- you are busy, but not sure what you are becoming.
- your spiritual life is routine instead of relational.
- “Someday” is one of your favorite words.

Scripture says – WAKE UP! Wake up before another week becomes another year.

Pay attention to your time. Your relationships. Your faith. Your future.

You can't change as long as you sleep.

Wake up.

2. Think

Ephesians 5:15 NIV

“Be very careful, then, how you live - not as unwise but as wise...”

Zombie do not think!

Think. Use wisdom. Ask questions...

Jesus gives instructions for real life: repent, pray, forgive, give, serve, tell the truth, love your enemy, make disciples.

Stop asking: “What do I feel like doing?”

Ask: “What is wise? What has Jesus told me to do?”

Reactive living

Phone buzzes – Grab it.

I’m tired – I quit

I’m bored – I scroll

Alarm – Snooze

Reactive: the moment decides me.

Whatever happens next determines what I do.

Proactive living

What matters – I choose it

Jesus speaks – Obey

Opportunity comes – take it

Before feelings decide – I decide

Proactive: I decide before the moment.

I decide where I am going before the moment arrives.

Wake up. Think...

3. Choose

Ephesians 5:16 NIV

“...making the most of every opportunity...”

You have opportunities.

Are you making the most of them?

You do not zombie-stumble into the life you want.

Your choices are how you make the most of your opportunities.

-Faith “I don’t have time.”

But you have 15 minutes to scroll.

Give God those 15 minutes.

-Family You finally have an evening together.

Don’t disappear into a screen.

Put the phone away and be present.

-Future There is a step you know you need to take.

A conversation. An application. A decision.

Stop postponing it. Take the next step.

Zombies react. Disciples choose.

That is discipline. We are meant to discipline ourselves.

As a kid, someone else tells you what to do.

Brush teeth...

Maturity means learning to tell yourself what to do.

Life gets awkward when somebody else has to discipline you because you would not discipline yourself.

Zombie life is awkward.

Don't make others put up with your zombie

Wake Up. Think. Choose.

So what do you do with this?

De-Zombify Your Life

1. Find the autopilot

Pick ONE area where you are going through the motions: phone, time, faith, family, health, career, money.

2. Find the instruction

Ask: "What has Jesus told me to do here?"

Example:

Autopilot: phone first thing every morning. **Jesus:** "Seek first his kingdom..." (Matthew 6:33).

Next step: give God five minutes before the phone.

3. Make it SMART

Go from vague to specific.

"I need to pray more"

"Tomorrow at 6:30, before I touch my phone, I will pray for five minutes."

“I need to be present with my family”

“My phone stays out of the room during dinner this week.”

Not just a vague goal.. SMART goal

Specific - Measurable - Achievable - Relevant - Timely

Better habits help. Tips, tricks, advice, plans, self-help strategies can help.

...Jesus has something even better.

Jesus did not come to give you a LIFE HACK.

He came to give you LIFE.

ART:

Jesus calling Peter, Andrew, James & John - four fishermen

Fishermen = JOB. IDENTITY. FAMILY HISTORY. EXPECTATION.

What do you do? “I fish.”

Family? “We fish.” Tomorrow? “Fish.”

James and John are working with their father, Zebedee. Family business. The life they inherited.

You know what that feels like. Maybe not a boat and a net:

- Go to work. Come home. Take care of everybody.
- Pay the bills. Watch something. Go to bed.
- Get up. Do it again.

THE ROUTINE... Jesus interrupts

Matthew 4:19 NIV

“Come, follow me, and I will send you out to fish for people.”

They leave the nets. They leave the boat. They follow Jesus past the routine.

Jesus is not offering a 10% improvement in fishing. He is calling them into a new life - purpose, identity, direction.

Jesus calls us beyond the life we inherited.

You cannot follow Jesus on autopilot.

Zombies can't follow Jesus.

You can't CHATGPT automate your faith...

musicians

Later, people walk away from Jesus.

Jesus gives the Twelve an exit.

John 6:67 NIV

“You do not want to leave too, do you?”

Peter could go back: nets, boat, old identity, old routine.

John 6:68 NIV

“Lord, to whom shall we go? You have the words of eternal life.”

Peter understood: I cannot go back. I found where life is.

The nets could give a living, but Jesus gives life.

Some of us are not trapped in terrible lives. We are trapped in small lives.

Work. Spend. Scroll. Watch. Sleep. Repeat.

Jesus offers purpose, calling, people to love and serve - a life worth being awake for.

Are you ready for the life that only Jesus can give?

Stop Living Like a Zombie

1. Engage with God

Do not zombie your way through the next few moments.

Be present. Talk to Him. Listen.

“Jesus, what are You saying to me right now?”

2. Choose

Make a choice. Fill out the connection card. Ask for prayer. Start a conversation.

Write down the next step and choose it.

Don't sleepwalk through the life Jesus died to give you.

3. Search Me, O God Psalm 139:23 NIV

This week, go through the Field Guide honestly. Ask: “God, is there a monster in me? What pattern needs to change? What needs to be surrendered?”

Search me. Show me. Help me choose what to do next.



KEEP THE CONVERSATION GOING

Zombie - Mindless Living | Wake Up. Think. Choose. Follow Jesus.

EXPLORE THE SERIES

Find this message online and continue the Haunted House series.



[OPEN LINK](#)

FREE FIELD GUIDE

Take the Monster Check and choose one honest next step.



[OPEN LINK](#)

FIRST CHRISTIAN CHURCH OF ALLEN

Sundays 10:30 AM | 1207 Twin Creeks Dr, Allen, TX 75013

Pastor Chris Fluitt helps people explore Jesus, ask honest questions, and take practical next steps in following Him.

Questions? Text Pastor Chris: 972-521-9779

allenchristianchurch.com

DON'T SLEEPWALK THROUGH THE LIFE JESUS DIED TO GIVE YOU.