

THEOLOGY OF TECHNOLOGY

A NEWSTORY CHURCH SERIES



SMALL GROUP QUESTIONS

Part 4 - Technology Sabbath

Pastor Tom Kang

Icebreaker: Reflect on what life was like before the digital age of cellphones and the internet. What did distractions back then look like for you? How have distractions changed from then to now?

- 1) Reflecting on the story of Martha and Mary, how do you personally relate to the concept of being distracted by many things? Where does technology appear in that matrix? How might Jesus' words to Martha apply to your life today? (Luke 10:38-42)
- 2) The sermon discusses the idea of "brain fragmentation" caused by constant sensory stimulants from technology. How do you see this phenomenon impacting your ability to focus on meaningful activities or relationships? (Psalm 46:10; Colossians 3:2-4)
- 3) The Sabbath is presented as a counter-move towards analog living in a digital world. How might practicing a weekly Technology Sabbath help you resist the idol of productivity (and pleasure) and cultivate a presence mindset instead? What barriers do you perceive in implementing this practice in your life? (Exodus 20:8)
- 4) According to Mark 2:27, "The Sabbath was made for man, not man for the Sabbath". Discuss how following a Technology Sabbath might actually be a beneficial practice (and not just a rule to follow).
- 5) Discuss the concept of "first word/last word" introduced in the sermon. How do you prioritize starting and ending your day with God's Word? Share any practical strategies you have or plan to implement. (Joshua 1:8)
- 6) *Technology is a wonderful servant, but a horrible master* - discuss that overarching theme from this series. Considering the challenges presented by technology, how can we cultivate intentional practices that prioritize our relationship with God and others above the distractions of the digital age?

Challenge: Will you take on a 24-hour Technology Sabbath this week? As a small group, commit to taking a full day off of technology (perhaps a Saturday) and in your next meeting, discuss what that experience was like.

