

Small Group Guide: Distracted -- When Everything Is Fighting for Your Attention

Introduction for Group Leaders

This guide is designed to help your group move beyond simply hearing the sermon's message and into honest, personal application. The topic of distraction is one that touches every person in the room. Create a safe, judgment-free environment where members feel comfortable being honest about their struggles. The goal is not guilt but growth.

Opening Activity (5-10 minutes)

Ask each group member to check their phone's weekly screen time report and share their daily average with the group. No shame, no judgment -- just honesty. Use this as a launching point for the conversation ahead.

Key Takeaways

These are the central truths from the sermon to keep in mind throughout your discussion:

- What gets your attention gets your time. What gets your time shapes your thoughts. What shapes your thoughts influences your heart. And what influences your heart directs your life.
- Distraction does not always look like sin. Sometimes it looks like work, hobbies, entertainment, or even church activity.
- Social media and technology are tools, but tools can become masters.
- Comparison is one of distraction's greatest side effects. It causes us to stop appreciating what God is doing in our own lives because we are focused on what he appears to be doing in someone else's.
- Constant noise makes it difficult to hear God. You cannot live surrounded by constant noise and easily recognize the whisper of God to your soul.
- You don't accidentally become spiritually focused. You set your mind to it. You choose what gets your attention.

Discussion Questions

Work through as many of these as time allows. Do not rush. Let the conversation breathe.

Understanding the Message

1. The sermon opened with this progression: attention leads to time, time shapes thoughts, thoughts influence the heart, and the heart directs life. Where in that chain do you feel the most vulnerable right now?
2. In Luke 10:38-42, Jesus tells Martha that Mary has chosen the one thing that matters most. What is your honest reaction to Jesus saying that to Martha, who was literally serving him? Does any part of you side with Martha?
3. The sermon made the point that distraction does not always look like sin -- sometimes it looks like work, parenting, hobbies, or even church service. Has there been a season in your life where something good crowded out the most important thing? What did that look like?

Going Deeper

4. Hebrews 12:1 distinguishes between sin that trips us up and weight that slows us down. Weight is not always sinful -- it is simply not helping you run the race. What is currently weighing you down that may not be sinful but is slowing your spiritual progress?
5. The sermon described the comparison cycle: scroll, stop, compare, become dissatisfied, want more, become discouraged, and miss the blessings already in front of you. Have you experienced this cycle? Where did it lead you?
6. The pastor said, "My mentor used to say God's speaking a lot more than we're listening. I don't think it's a God speaking problem, it is a us listening problem." Do you agree? What has made it hardest for you personally to hear from God?
7. The sermon challenged us to filter decisions through this question: Is this helping me become a better follower of Jesus? How would that filter change some of the choices you currently make about your time and attention?

Personal Reflection

8. The pastor asked the congregation to think about who or what has gotten in the way of their relationship with God. What is your honest answer to that question?
9. When you finish a session on social media, what emotions are you most likely to feel -- encouraged, anxious, jealous, content, discontent, or something else? What does that tell you about its effect on your heart?
10. The sermon closed with this challenge: "Maybe the prayer today is not God give me more. Maybe it is God help me remove what has distracted me so I can be grateful for what you have already given me." What might you need to ask God to help you remove?

Practical Applications

Choose one or more of the following as a group commitment for the coming week.

The Seven-Day Reset Take the challenge from the sermon. For the next seven days, do not reach for your phone for the first 30 minutes of the morning. Use that time for 10 minutes of Scripture, 10 minutes of prayer, and 10 minutes of quiet reflection. Report back to the group at your next meeting about what you noticed -- in your mind, your relationships, and your walk with God.

Scripture Before Scrolling Adopt this as a personal rule: before you open any social media app or news feed in the morning, open your Bible first. Make it a non-negotiable starting point for the day.

Audit Your Feed Spend time this week honestly evaluating who and what you follow on social media. Ask yourself whether each account consistently produces peace, encouragement, and growth -- or anxiety, comparison, and discontent. Unfollow or mute anything that consistently feeds your flesh rather than your spirit.

Create Phone-Free Spaces As a family or household, designate at least one consistent phone-free time each day -- dinner, family devotions, or a set evening hour. Practice being fully present with the people in front of you.

Practice Daily Stillness Set a timer for five to ten minutes each day this week and simply be still. No music, no podcast, no phone. Sit quietly, breathe, and invite God to speak. Notice how uncomfortable -- or how refreshing -- that stillness feels.

Remove What Pulls You Away If there is a specific app, account, or habit that consistently draws you away from Christ, take the radical step of deleting or removing it this week. Share your decision with someone in your group for accountability.

Closing Prayer

Close your group time by praying together using these themes as a guide:

- Confess the ways each person has allowed distraction to crowd out their relationship with God
- Ask for the courage to make honest changes rather than comfortable excuses
- Pray for one another's specific struggles shared during the discussion

- Ask God to make your group a community of people whose eyes are fixed on Jesus above everything else
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Memory Verse for the Week

Hebrews 12:2 -- Focus on keeping your eyes on Jesus, the one who began your faith and who brings it to completion.

Write it down. Put it somewhere you will see it before you reach for your phone.