

Introduction

(Watch Video)

Open it up to the group to see if anyone has any thoughts they want to share about what was discussed in the video.

Read

(Leader will read this text out loud asking people to listen and see what stands out or speaks to them)

1 Corinthians 7:35 (The Message)

I'm trying to be helpful and make it as easy as possible for you, not make things harder. All I want is for you to be able to develop a way of life in which you can spend plenty of time together with the Master without a lot of distractions.

Ask the group what stood out to them in the text.

Discussion Questions

1. Open up the discussion asking how the group did with the boundaries they implemented over the last week. How did this change impact you?
2. Pastor Smart talked about self-control being a fruit of the Spirit and that it means to have power over yourself. Is self-control something that you have previously viewed as a spiritual thing? Why? Or, Why not?
3. Although self-control gives us inward strength, why is it still important to create boundaries around our technology usage?
4. Most smart phones have some type of screen time usage report that breaks down where you spend your time. Have the group pull up their report. Is the amount of time you spend on your phone surprising to you?
5. How has this series affected your view of technology?
6. After reflecting on how distracted we are by our technology over the last 3 weeks, who in your life has been most impacted by your distractions? Explain.

Closing

Have a discussion with your group about what changes each of you will be making to your technology and routines to better live your life undistracted.

Ask if anyone needs help. If you have people in your group that want to make some changes to their phone and are less tech savvy, help them, or have someone else help them implement these changes.