



Starve the Algorithm, Feed Your Soul

Week two - *"Disciplined or Distracted"*

Colossians 3:1-17

Bottom line: We are formed by what we focus on.

1. What's the last thing you remember looking up on your phone "for a second" that turned into 10+ minutes?
2. If your phone showed your mood before vs. after scrolling, what pattern would it reveal?
3. In Colossians 3:1-2, the apostle Paul says to "set your sights" and "think about" things above. What screen habit competes most aggressively for your attention in this season?
4. Jenn talked about us tending to be more distracted than rebellious. Do you agree or disagree? What are the implications of this when it comes to our screen time?
5. Paul's language includes "put to death" (v. 5) and "put on" (v. 10). What's one screen ritual you need to eliminate and one you need to incorporate?
6. Read Colossians 3:5-14. Which part of Paul's "old self" list (vv. 5-9) feels most amplified in your online life today? How so? And which part of the "new self" list (vv. 10-14) is something you desire more of for your life?
7. What feeling most often sends you to your screen: loneliness, numbness, anxiety, stress, anger, jealousy, or exhaustion? What do you think you're really looking for?
8. In your relationships, where does your phone steal presence: meals, car rides, bedtime, conversations? What's one protected moment you can reclaim?
9. Colossians 3:15-16 describes Christ's peace ruling and his message filling your life. What's one "replacement ritual" (e.g., walking, reading, prayer, journaling, texting a friend, Scripture, etc.) you could practice when you feel the itch to scroll that would help you experience the presence of Jesus more consistently?
10. What does "first fruits" look like for you: does your phone get your first attention, or does God? What would a better first 10+ minutes of the day look like in your life?