



Starve the Algorithm, Feed Your Soul

Week one - "Starve the Algorithm"

Psalm 23

Bottom line: We're starving not because of a lack of fuel, but because we're overusing the wrong kinds of fuel to feed what feels demanding, not what's truly necessary.

1. How are you navigating the digital world? Are there ways you can identify that algorithms are directly impacting you? Are there ways you find yourself actively gravitating away from the digital world?
2. What are some of the non-sustaining fuels you depend on in your daily or weekly life?
3. What are some of the healthiest, most sustaining fuels (habits, practices, activities) you have in your life?
4. Read Psalm 23 (maybe even have one or two different people in your group read it out loud from both the NIV and The Message versions)
 - a. What stands out to you as particularly "life-giving" or appealing in David's description of the Shepherd and His care for us?
 - b. Does what David is describing feel in any way unreachable to you?
5. What are some of the things that feel loud and demanding in your life that maybe aren't necessary? What would it look like to cut off the fuel supply to those loud and demanding things?