



INFORMATION



INFORMATION OVERLOAD

The Holy Spirit forms us in silence.



SERIES SUMMARY

We live in the most information-saturated moment in history. This can be overwhelming or even addicting.

One thing is for sure: information influences formation.

Jesus emphasized the importance of the “eye” as our attention and focus.

Let’s explore the call to set our minds on things above so we can be formed into the character of Christ by the renewing of our minds.



ICEBREAKER

Outside of the Bible, what piece of information would you say has been most world-altering?

SCRIPTURE

Read about Jesus’ invitation to “come away” in Mark 6:7-13, 30-32.



LEARNING FROM HIS STORY

“Crowds” are relentless but so is Jesus’ pursuit of silence & solitude:

1. Information is its own “crowd” these days...What role do you see “information overload” playing in our exhaustion?
2. What are effective strategies for combatting crowdedness?
3. In seasons of intense work or grief (like the disciples were in), do you find it more common for people to retreat into silence & rest or into distraction?

EXAMINING OUR OWN STORY

3. What are your primary sources of information? Identify the **mediums** (digital, print, video), the **channels** (social media, TV networks, etc), and the **genres** (fiction/entertainment, news, non-fiction, etc)?
4. Do you ever notice yourself having information overload? If so, what are the symptoms?

WRITING A NEW STORY

5. What advice do you think our pre-digital ancestors would give us on how to better manage our information intake?
6. What do you think a healthy next-step would look like for you?
7. How should this conversation intersect with raising kids or grandkids?

Access our curriculum digitally through the Small Groups tab of our church's app.

