



# INFORMATION



INFORMATION  
ADDICTION

The Holy Spirit  
forms us in freedom.



## 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

What show has been your most intense binge-watching experience?

## SCRIPTURE

Read about Jesus’ teaching about “the eye” in Matthew 6:19-24.



## LEARNING FROM HIS STORY

1. If “the eye is the lamp of the body,” how can we discern whether the information capturing our attention is leading to greater light or greater darkness?
2. Jesus linked our eye/attention with money and they’re certainly connected in our “attention economy” of this digital age.
  1. How would you describe what the attention economy is?
  2. Is it always a problem or when does it become a problem?

## EXAMINING OUR OWN STORY

3. What kind of information or media have you found to be most addicting in your own life? (i.e. news, sports, movies or shows, social media scrolling, YouTube, etc)
4. Have you ever found freedom from an information addiction? If so, what can you tell us about it?
5. How can you tell whether you have an information addiction? What would you say are the symptoms/signs?

## WRITING A NEW STORY

6. How true do you think this quote is: “We become what we give our attention to, for better or worse” (John Mark Comer)?
7. Is an information addiction really a big problem? Why or why not?
8. Discuss effective strategies to combat an information addiction.

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