



What Goes In . . .

**Matthew 6:31-33** - Are we filling our minds with thoughts of God's kingdom?

How does technology and media impact our stress and anxiety? How much media do we consume on a daily basis?

## How to Have God at the End of your Rope

**Philippians 4:6-8**

- Pray about everything
- Thank Him for all He has done
- Trust tomorrow to the God who was faithful yesterday
- Guard your hearts and minds

Change your Source, Change the Course

- Turn off Notifications
- Try a week long media fast
- Eat together as a family 5 times this week

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## SMALL GROUP Discussion Questions

### Appetizer

1. Review Sunday's message. What stood out to you? What challenged you? Are there any lingering questions?
2. Do you think your intake of information has increased, decreased, or had no effect on your level of anxiety?

### Entree

1. Read Philippians 4:6-8.
2. Is the advice Paul gives us in this passage realistic? Explain.
3. What inputs in your life reflect the kind of information that Paul describes in v. 8? What inputs fall short, or are even contrary?

### Dessert

Break into groups of 3-4 and discuss the following questions with each other.

1. Are there sources of information that you need to eliminate from your life? Are there sources of information that you need to add?

### Meal Plan

This week, try this 3 step plan for destressing from technology:

1. Turn off all notifications on your phone immediately (with the possible exception of phone calls/text messages)
2. Do a 1 — 7 day media fast (no reading or posting).
3. When you return to social media, change who you follow. Find more positive and authentic sources.



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