

## Message Study | Screen Time

### Power Down | January 19, 2020

*Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.*

**Message review:** Don't allow a good thing to become a god thing in your life. Instead of putting our screens on the altar, we have made them the altar. Where you turn for comfort reveals what you put your hope in. God wants to give you wisdom and direction, for you to power down and give Him space to work in your life.

**Warm-up Question:** Who do you prefer to use as your virtual assistant (Siri, Alexa, Google, etc.)? Why?

#### **Read Romans 1:20-21**

- What can we know about God through creation?
- According to verse 21, what happens to us when we ignore the truths we know?
- Sin is always taking good things and turning them into god things in your life (idolatry). Where do you turn when you need validation, instruction, or direction? How about when you're bored, lonely, or stressed? How could your screen time be a gateway into idolatry?

#### **Read Psalm 37:4**

- What do you take delight in? How much time, energy, and effort do you spend on it?
- What happens when we delight in the Lord? What would it look like for you, practically, to take delight in the Lord?
- How often do you allow your screens to disrupt or distract you during a typical day? How about during your prayer and devotion time with God? Why?
- What are some practical ways you can power down your screen to reconnect with God, others, and yourself (Aaron mentioned 7 ideas in his sermon: 1. Go on a 'digital detox' 2. Remove phones/screens from dinner table and bedrooms 3. Make a 'fully present box' 4. Turn off notifications 5. Use 'do not disturb more' 6. Set time limits on apps 7. Commit to decreasing 'screen time' by a certain percentage)?

#### **Romans 12:1-2 (Note: see last week's message study for more on these verses)**

- Screens didn't exist when Paul wrote these words, but he was talking about the way people live their day-to-day lives. What does Paul mean by the renewing of your mind? How should your renewed mind shape and influence your thinking and behavior when it comes to your screen time?
- What are some ways you are being conformed to patterns of this world by what you consume and your activity on your devices? What are a few practical ways you could offer your online activities and screen time to God as your living act of worship?
- Why is it important to change or transform the way you think when it comes to how you use your phone, laptop, tablet, or other devices? How is transformation different than behavior modification?

#### **REFLECT**

What is God saying to you through His word? How and when will you respond?