



Smartphones. Social media. Online living. It's ubiquitous. It's the new norm. And, at an alarming rate, it's harming us. We need to examine the power of presence, shaping our space and managing our time for real encounters over unhealthy habits.

These questions are intended to deepen your experience of the message. Use them for your personal or family study time, or with an open Bible as you share the good news with your neighbor.

Group Ice-Breakers:

(1) Talk about how life was different growing up without:

-Internet (before mid 1990s)

-Social media (before 2004)

-Smart phones (before 2007)

(2) Is parenting harder or easier than when you were young? Why?

ALL OR NOTHING? We tend to think in all or nothing categories; but Christian discernment says that we (and our things) have both good and bad. Discuss.

TECHNOLOGY: PRO & CON. List the positives of having internet, social media, and smart phones. Take time to appreciate the good. But a 2017 survey shows most parents believe this technology has made parenting harder. Why? Discuss.

THE CHILLING EFFECTS. Jonathan Haidt's *The Anxious Generation* provides these stats for the 2010-2019 decade:

Suicide rate (age 10-19) rose 48%

Suicide rate (girls, age 10-14) rose 131%

EVERYONE EVERYWHERE. In 2015, 80% of American teens owned a smartphone. Today, 40% of American children under the age of 13 have an Instagram account. Most teens say their parents have problems with screen time, too. Discuss.

THREE PASSAGES. Discuss these:

Read Rev 1:3. Social media technology is bad for reading. How might this affect Bible reading?

Read James 1:8. We think we can have it all. Sometimes we have to choose instead of trying to have it both ways.

Read Matt 12:43-45. We need to meet needs instead of just removing temptation.

REAL PRESENCE. Read **Ps 42:1; Acts 2:28; 3:20; Rom 13:14; Ex 29:43 (all in NLT)**. Why is "presence" of God important? Read Gen 4:14 in NIV. Cain says the opposite of being in the presence of God is becoming a constant or restless wanderer. Does this language resonate when speaking of technology vs. real face-to-face time?

THREE KEY DECISIONS, Andy Crouch, *The Tech-Wise Family* suggests:

Choose Character. How does family help create wisdom and discernment?

Shape Your Space. Is your home more active or passive? What draws your attention?

Structure Your Time. What controls us?