

CONNECT GROUP DISCUSSION GUIDE

Week #2 - The Price of Your Device



GETTING STARTED

What's the longest you've gone without your phone (by choice or by accident)? How did it feel?

THIS WEEK'S THEME

Read Together: John 10:10, Psalms 119:37, Proverbs 4:23, 1 Thessalonians 5:11

The Thief & Technology

In John 10:10, Jesus warns about the thief who comes to steal, kill, and destroy. In what ways can technology act as a "thief" in our lives today?

What parts of your time, attention, or relationships feel most at risk of being stolen by your devices?

Boundaries & Firewalls

Proverbs 4:23 says, "Above all else, guard your heart." What boundaries (firewalls) could you put in place to protect your heart, attention, and relationships?

Which of the four firewalls—Awareness, Action, Accessibility, Accountability—do you most need to strengthen? Why?

Turning Our Eyes

Psalms 119:37 prays, "Turn my eyes from looking at worthless things." What are some "worthless things" your phone often pulls your eyes toward? How might God want to redirect your attention instead?

How can we encourage each other (1 Thess. 5:11) to use technology with more intention?

TAKING IT HOME

This week, choose one practical firewall:

Awareness: Track your screen time daily and notice what apps get the most of your attention. **Action:** Delete or disable one app/notification that distracts you from being present. **Accessibility:** Try one "phone-free zone" (e.g., dinner table, kids' games, or bedroom). **Accountability:** Share your goal with a trusted friend or family member and ask them to check in with you.

PRAY

Lord Jesus, we confess that our devices often steal our attention and keep us from what matters most. Help us to set healthy boundaries, guard our hearts, and turn our eyes toward You. Amen.