

## News Story Summary

This past summer, Apple released a version of its mobile operating system (iOS 12) that allows users to track their phone use and screen time. This Screen Time tool tells users how much time they are spending on their devices (iPhone or iPad), day by day, and the apps they are using when they are on their device. “The biochemistry of your brain is urging you to check in,” said Dr. Larry Rosen, a psychologist who studies how people use technology. Rosen’s research shows that young adults spend about five hours each day on their devices, and they glance at their devices 50 to 60 times.

(For more on this story, search the Internet using the term “time spent on iphones 2018”.)

## Focus Attention

To supplement the Focus Attention idea, share the news story above. Note that with our smartphones being so accessible, we have become obsessed with frequently checking our email and social media apps. Then use the instructions under Introduce to lead the group to respond to the questions: *What is a realistic expectation for receiving a response to an email, text, or social media post?* and *How does the source of the message impact your response speed?*

## Challenge

To supplement the Summarize and Challenge ideas, remind the group of the news article about the time we spend on our smartphones. Recall the questions discussed about our expectations for receiving a response to emails, texts, or social media posts, and the source of the message. Stress that since God’s Word is trustworthy, obedience should be our natural response. Then lead the group following the instructions under Discuss, securing responses to the question: *What did this passage teach us about responding to Jesus’ work in our lives with obedience and compassion?* Complete the suggestion as written.