PILGRIM 🏠 HOME GROUPS

The smaller groups in our church community are inside our homes where we go deeper, build friendships, and walk out the Christian life with each other.

HOME CHURCH/SMALL GROUP/CLASS GUIDE

1. "Breaking the Ice" question: (group facilitator)
2. Check-ins: What's been happening in your week(s) since last meeting? Introduce yourself if new/new people in group, check in with each other
3. Care: Needs in the group; name needs and have sentence prayers (short sentences/open ended, not long-winded) at end of the gathering time
4. Compassion: What compassion work is the group planning? Are you inviting your neighbors to join?
5. Group Announcements (church-wide and group-only)
6. Dig in: Any reflections, discernments, disagreements from last week's teaching (or since you last met)? Look at the Bible passage(s) again and read some of them out loud in the group (and other verses that may have been mentioned). What jumps out at you? Discuss some of the questions as a group.
7. End and Homework: Final questions, prayer huddles for personal requests. Consider breaking into small groups (huddles) of 2-4, by gender, if large enough.

PRAYER REQUESTS THIS WEEK:

PILGRIM ⊞ CHURCH SUMMER SERIES
UNDER THE RUG
SCREENS & DISTRACTIONS

I. OPENING

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+ 1 Cor 6.12 "All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be dominated by anything.

+ 1 Cor 10:23 "Everything is lawful," but not everything is beneficial. "Everything is lawful," but not everything builds others up.

II. MAIN THOUGHTS

1. The Problems vs. Promises

    A. Promises

    B. Problems

        i. Loss of concentration and creativity reduced - new knowledge and depth of knowledge is stymied
        "The evidence for this goes beyond the carping of Luddites. It's there, cold and hard, in a growing body of research by psychiatrists, neuroscientists, marketers, and public health experts. What these people say, and what their research shows, is that smartphones are causing real damage to our minds and relationships..."

        ii. Children and Teens hit EVEN harder - those developing brains are harmed - in depth and emotional intelligence
        "It all comes after a flurry of studies that suggest overuse of technology is making us miserable. Social media use has been linked with depression, particularly among young people. One 2010 study found teenagers who spend five or more hours a day on electronic devices are 71% more likely to have a risk factor for suicide than those who spend less than an hour a day."

Excessive use of smart phones bears striking similarities to those diagnosed with substance abuse. Their conclusion is simple: the heaviest smartphone users exhibited the greatest degree of depression, anxiety, loneliness, and isolation.
-Erik Peper, Professor of Health Education, and Richard Harvey, Associate Professor of Health Education

iii.Addiction
"Addiction or mere dependence? It's a fine line. However, developing a compulsive need to use your digital devices, to the extent it interferes with your life and stops you from doing things you need to do, is the hallmark of an addiction. There are three different types of digital addiction including phone addiction, internet addiction, and social media addiction."

"Being connected all the time is bad for our sleep—too much blue light from our phones before bed can disrupt our sleep. And the cumulative effect of poor sleep is terrible for our health."
-Brian Zoltowski of Southern Methodist University, as reported by Scientific American.

iv. Technology is not morally neutral
Technology can create a barrier in several different ways, but probably the easiest to see is distractions. As I mention in the book, the gospel is "cognitively taxing," which doesn't mean you have to be intelligent to understand the gospel, but you do need the mental space to reflect on your sin and need for redemption. Technology tends to suck up all our free mental space.
-Alan Noble

"There has been a concerted effort to say that technologies are value-free. That they are simply piles of metal and wire and computer chips, and really the only thing that matters is the people who use them. This is sort of debunked. When any technology is designed, it is usually designed with purpose and goals. Values underlie those purposes and goals…"
-Jameson Wetmore, an engineer turned social researcher at the Arizona State University's School for the Future of Innovation in Society.

2. Digital addiction and the spiritual life
The Spiritual Life is designed around entering more fully into the experience of the Spirit in a gathering and in our own selves. Digital experiences can start us there, but we actually then have to stop looking at other screens to reflect in the holy space of the imagination within.

3. Some Practices of "Holy Distruption," "Screen Sabbath," and being present in the flesh
Adam Jeske, Relevant: *While we generally no longer make idols out of gold or wood, sometimes our connectivity interferes with our communion. Here's what I did to fight the spiritual consequences of my tech addiction:*

> **+ Celebrate the Sabbath**
>
> **+ Plan your consumption**
>
> **+ Choose your channel**
>
> **+ Consider all those social ties**
>
> **+ Watch your heart**

My suggestions

Hindemarsh,

> **+ Solution 1: Study the Disconnected**
>
> **+ Solution 2: Fast from Your Phone**
>
> **+ Solution 3: Write a Letter by Hand**
>
> **+ Solution 4: Use Filters**
>
> **+ Solution 5: Acknowledge God in Technology**

"Whatever else we try to do with our phones, we must operate from a God-saturated worldview."

"As digital media breaks and fragments our attention, we feel the tug away from a biblical worldview and toward spiritual distraction. We simply lose our awareness of life in God's presence. Whatever else we try to do with our phones, we must operate from a God-saturated worldview. It is because we want more of God and because we want to be satisfied by his presence that we seek out edifying content online, guard ourselves from the lure of vanity, fast from our phones, and prioritize our embodied worship with the people of God."

III. Final Thought