



# groups | DISCUSSION GUIDE

Chasing Carrots... Distraction

WARM UP

**What is your favorite or most used mobile app?**

SET IT UP

One of our modern idols is technology. Electronic screens have become the opiate of the masses. When we're nervous, bored, sad or lonely, we increasingly turn to some form of electronic distraction. We now use the language of addiction to describe our relationship with technology – we talk about smartphone withdrawal and phone compulsion. But the more we run to technology for escape, the emptier we feel in the end. Digital technology in itself is just a tool, and it is used for very good purposes. The problem is when we take a good thing and turn it into a “god” thing and we subconsciously turn to technology for comfort and strength.

CHAT IT UP

- 1. How was technology made your life better? How has it made it worse?**
- 2. Think about the times when you find yourself distracted most. What is your mood or emotion? (Bored, lonely, stressed, etc...)**
- 3. Do you enjoy silence? Why or why not?**
- 4. Read Psalms 1 out loud. What aspects of this passage are more difficult in our digital age?**
- 5. What can you use from this passage to combat distraction?**
- 6. Saying yes to distraction is saying no to your purpose. What purpose did God give you?**
- 7. How has distraction hindered you from that purpose?**
- 8. What small practical step can you take this week to combat distraction?**

WRAP IT UP

Saying yes to distraction is saying no to your purpose. Distraction will eat vision for breakfast and rob you of the opportunity you have to make an impact. But a strong focus will change your feelings, your fuel, and your future. Combat distraction by doubling down on your purpose. It begins with one small step.

## LEADER TIPS

This is the perfect week to try some practical challenges as a group! Come to an agreement of a challenging yet attainable way to live less distracted this week and commit to doing it as a group. (Examples: delete social media apps from your phone, turn on do not disturb for a few hours a day, go for a walk once a day without your phone, spend 30 minutes distraction free with family, etc...)