






COMMUNITY GUIDE

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WEEKLY APPLICATION

TAKEAWAY: Spiritual growth is a continuous process, and everyone is being spiritually formed - the question is by what or whom.

HEAD CHANGE: Our smartphones can be a significant distraction from spiritual growth and meaningful relationships.

HEART CHANGE: Making intentional changes to our digital habits can lead to positive spiritual and relational outcomes.

LIFE CHANGE: The church is embarking on a 28-day journey of prayer, Bible reading (using BREAD), and a digital media fast. This is an opportunity to grow together and lean into what the Lord is asking of us.

OVERVIEW

As we embark on this new year, we're called to reflect on our spiritual journey and the formative power of our daily habits. The central message revolves around the importance of intentional spiritual growth and the potential pitfalls of our digital age. Drawing from 1 Timothy 4 and John 10, we're reminded that our spiritual nourishment comes from actively listening to God's voice and following His ways.

The 28-day digital fast challenge presented isn't just about disconnecting from technology, but about reconnecting with God and each other. It's a powerful invitation to detox our minds, reset our priorities, and create space for deeper spiritual encounters. This fast parallels the biblical practice of fasting, where we set aside distractions to focus on our relationship with God. As we consider our relationship with our devices, we're encouraged to ask: What is truly forming us? Are we allowing God's word to shape our thoughts and actions, or are we being molded by the constant stream of digital information? This challenge is an opportunity to rediscover the joy of undistracted time with God and to cultivate habits that nurture our souls.

“My sheep hear my voice, and I know them, and they follow me.”

John 10:27

DISCUSSION QUESTIONS

1. The pastor mentioned that "life itself is a process of spiritual development." How have you seen this play out in your own life?
2. How do you currently engage with Scripture and prayer? What challenges do you face in maintaining consistency?
3. The sermon highlighted the "attention economy" and how tech companies compete for our attention. How aware were you of this concept before? How does it make you feel?
4. What are your initial reactions to the idea of a 28-day digital media fast? What excites or concerns you about it?

CLOSE IN PRAYER

Lord, we asking you to deepen our hunger for you, strengthen our commitment to the 28-day journey, and transform our relationships with both technology and each other. In Jesus' name, Amen.

IN THIS TOGETHER!