



TECHNOLOGY

Technology is everywhere. Most of us carry a phone in our pocket that is more powerful than computers were ten years ago. Technology is truly remarkable—we can listen to new music, connect with far-away friends, and access any type of information. And most of us get lost a lot less thanks to our handy maps apps.

While technology can be extremely helpful, it also makes living a life with margin challenging. Our daily life is full of buzzes and rings that alert us to something that is noteworthy or requires our attention. In countless ways, our lives are easier because of technology, but are they better and more joyful? Are we fully present when we need to be, or are we living more distracted because of it?

In this final session, let's get very practical and talk about something that is all around us and fills up much of our day. Let's consider how to find margin in a technology-saturated world.

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Philippians 3:14

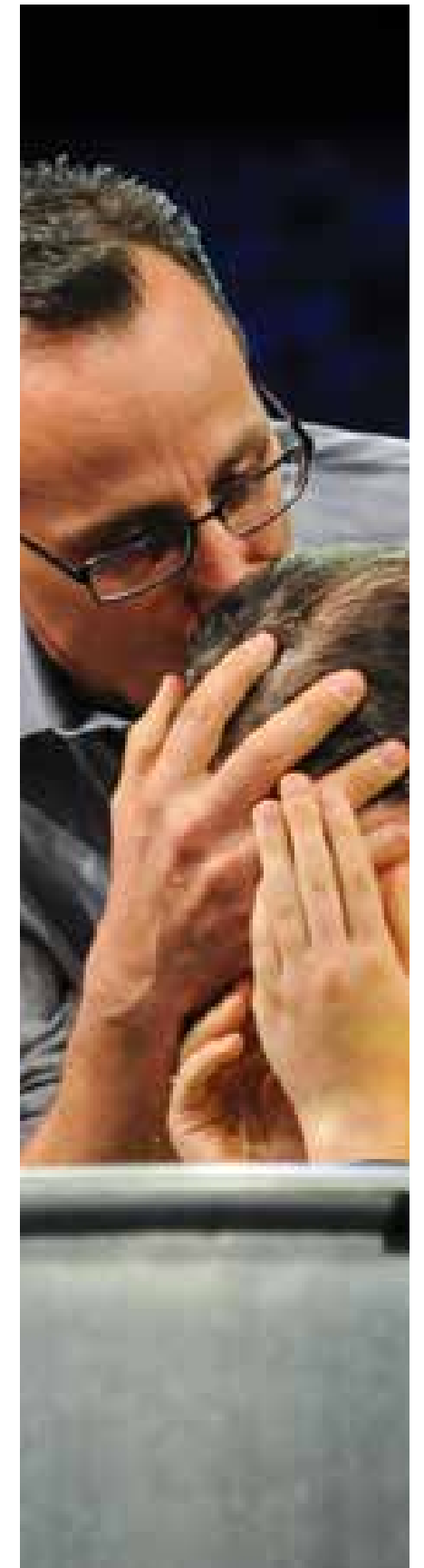


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SHARE YOUR STORY

Open your group with a brief prayer asking God for insight as you study. You can pray for specific requests at the end of the meeting, or stop momentarily to pray if a particular situation comes up during your discussion. Then begin your time together by using the following questions and activities to get people talking:

- What has surprised you most about this group?
Where did God meet you over the past six weeks?
- How have you seen new technology change the way you relate, think, and live?
- Take some time for each person to share about how they've done with inviting the people on the Circles of Life to church or your small group. What specific conversations are you praying about for the weeks to come?

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WATCH THE VIDEO

Use the space provided to record your thoughts and questions as well as the things you want to remember or follow up on. After watching the video, have someone read the discussion questions in the Hear God's Story section and start the conversation.





HEAR GOD'S STORY

1 CORINTHIANS 9:24-27

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

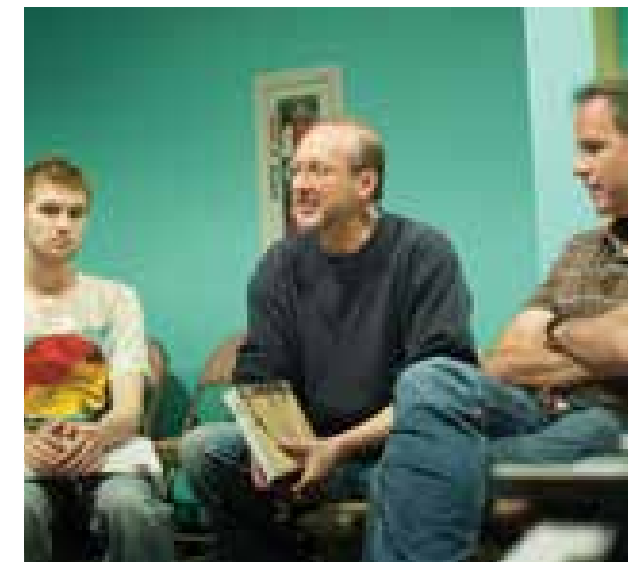
THINK ABOUT IT

- What is this race about?
- What is the prize that Paul is referring to?
- In your own words, what did Paul mean when he said, “No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”?
- How might this passage relate to the way we approach technology?



STUDY NOTES

The race that Paul is talking about is about spreading the good news of Jesus Christ. We are not only invited to watch the game, but we are called to be part of it. This race is not just a race to prove right from wrong, but it is a race of life or death: *“Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.” (1 Timothy 6:12)*. Fight off the distractions that keep you from reaching the goal. Instead of being distracted by technology, use it to win the race and spread the gospel.

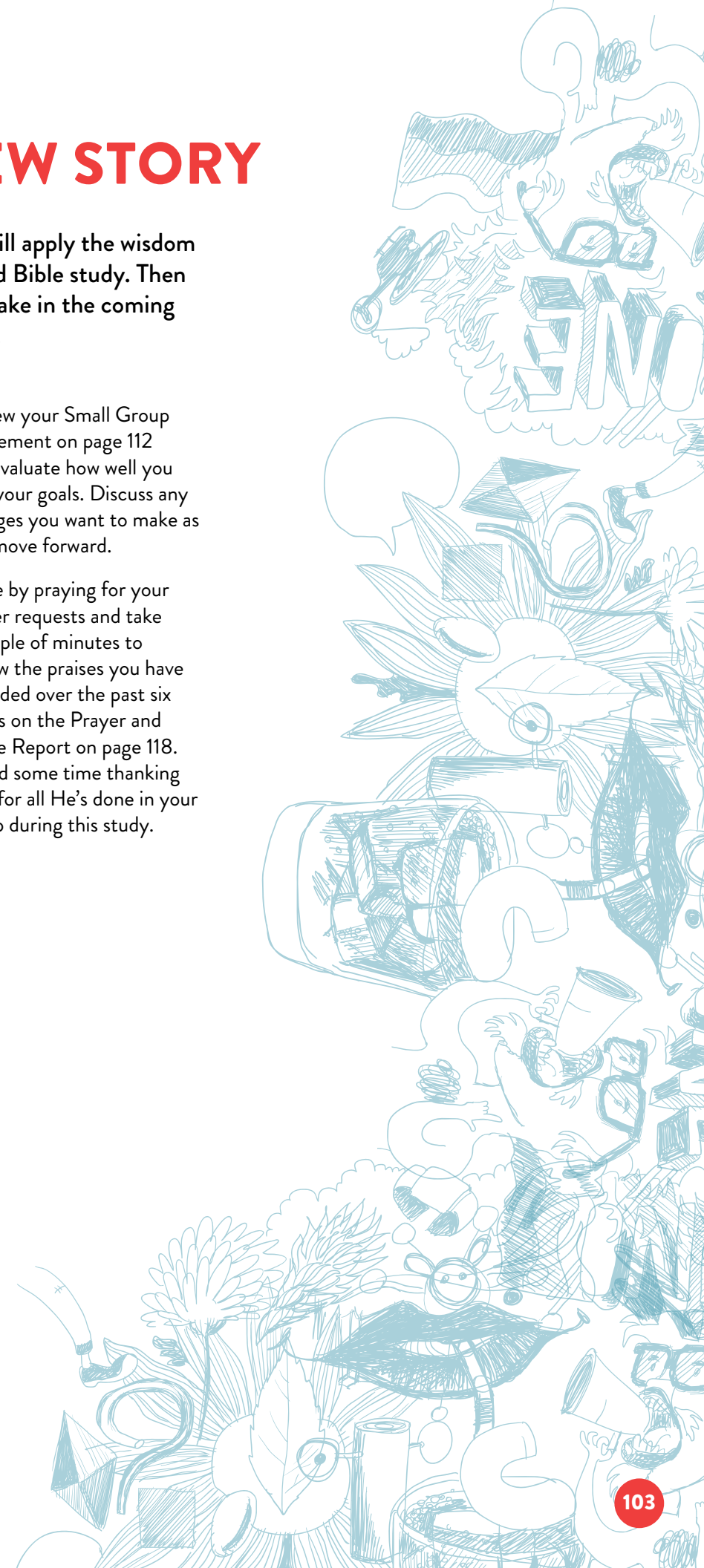




CREATE A NEW STORY

In this section, talk about how you will apply the wisdom you've learned from the teaching and Bible study. Then think about practical steps you can take in the coming week to live out what you've learned.

- Can you think of a time when technology kept you from being fully present for something important, or when you missed out on real life because you were distracted by the digital world? What did you miss out on?
- Do you feel that your approach to technology is aimless or purposeful? Why?
- What are some ways you've tried to be purposeful with technology? Has it worked?
- If your group still needs to make decisions about continuing to meet after this session, have that discussion now. Talk about what you will study, who will lead, and when you will meet.
- Review your Small Group Agreement on page 112 and evaluate how well you met your goals. Discuss any changes you want to make as you move forward.
- Close by praying for your prayer requests and take a couple of minutes to review the praises you have recorded over the past six weeks on the Prayer and Praise Report on page 118. Spend some time thanking God for all He's done in your group during this study.



FOR ADDITIONAL STUDY



Take some time between now and your next meeting to dig into God’s Word. Explore the Bible passages related to this session’s theme on your own. Jot down your reflections in a journal or in this study guide. You may want to use a Bible website or app to look up commentary on these passages. If you would like, share what you learn with the group during your next meeting.

COLOSSIANS 3:16-17

Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

- Take a moment to meditate on these verses.
- Do you fill yourself with God’s word? Or do you fill yourself with other things?
- How do you praise God?
- What are you thankful for?

ROMANS 10:14-15

How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!”

- How can this passage relate to the topic of technology?
- Have you been preaching the good news?
- Has “screen time” distracted you from ministering to others?
- With technology in mind, how can you fulfill this verse: “How beautiful are the feet of those who bring good news!”.



DAILY DEVOTIONS

DAY

1

1 CORINTHIANS 10:31-33

So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble, whether Jews, Greeks or the church of God—even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.

REFLECT

Whatever you do, do it for the glory of God. However you use your screen time, are you honoring God with it? Are you watching things that bring you closer to God, or further away? What kind of thoughts are triggered when you are on social media?

DAY

2

ECCLESIASTES 1:9

What has been will be again, what has been done will be done again; there is nothing new under the sun.

REFLECT

What do you think this verse means? Re-write it in your own words.

DAY

3

1 CORINTHIANS 6:12

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.

REFLECT

Are you the master of your choices, or are your choices owning you? Be sensitive to your heart and obey your God.

DAY

4

1 KINGS 19:12

After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

REFLECT

Do you hear God’s voice in your life? Or is your life so noisy that you can’t hear Him? What do you need to change so you can hear God’s voice?

DAY

5

1 PETER 5:10

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.

REFLECT

We all need God’s constant grace and forgiveness. There may have been a time that you misused technology in particular, but know that Christ forgives you and wants to give you full restoration. Paul wrote, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” (2 Corinthians 12:9).

DAY

6

REFLECT

Use the following space to reflect on what you learned this week and what God is saying to you.