

Message Study | Screen Time

Glowing Rectangles | Romans 12:1-2

Dive deeper into this week's message and passages from the Bible. Here are some questions to help you guide your group discussion.

Message Review: When your mind and emotions have been hijacked by a screen, when you're constantly distracted throughout your day, it becomes incredibly difficult to hear from God. Is it possible that God is trying to provide some clarity, but you're too busy staring at a screen? You can miss the ways He's directing you, guiding you, and leading you.

Warm-Up Question: What is the first device you remember playing with as a kid?

Read Romans 12:1-2

- Describe, in your own words, what you think it means to offer your body as a living sacrifice?
- Why is it only possible to do such a thing 'in light of God's mercy'?
- Why does modifying behavior out of fear or shame not work? Describe a time in your life when you've tried this method. How did it go? Verse 2 contrasts being conformed with being transformed. When you think about your daily life, would you say you're being conformed to the pattern of this world or transformed into being more like Christ?
- How much is your screen time helping or hurting your transformation?
- Transformation happens by renewing our minds. What does it mean to renew your mind and what steps do you need to take to start doing just that?
- What happens as our minds are renewed according to verse 2?
- Do you want to know God's will for your life or is it something that seems scary to you? Do you believe He wants the absolute best for your life? Talk about why or why not.
- How might your screen time be distracting you from hearing from God? What boundaries might you need to set for yourself?

Read Romans 8:35, 38-39 and I Chronicles 12:32

- When has learning or knowing more about something caused you to love it more? How can getting to know God and His great love for you, help you to also love Him more?
- When it comes to culture, do you lean too far to conforming to it or isolating from it? What steps can you take to finding a better balance?

Reflect

- What is God saying to you through His Word?
- How and when will you respond?