

1. What stood out to you about the message on Sunday?
2. Why do you think it is valuable to hear from God? Do you think that you can hear from God?
3. Consider your habits and routines, are you leaving space for God to speak in your life?
4. Is there a change you sense God is calling you to make in your habits and routines?
5. How have Christians from an older generation been affected by technology over the last several decades? Give examples or share from personal experience. Is technology creating a fellowship disparity between older and younger generations or is it serving to strengthen bonds? Discuss.
6. What are some practical steps you can take (e.g. uninstalling apps from your phone, stop visiting certain websites, choosing to do devotions before looking at your phone, removing unnecessary notifications and alerts, going for prayer walks instead of scrolling, etc.) to create more space for relationship with God?
7. Look at the list below; ask God to reveal to you the ways in which your device (or similar) leads you into sin. Take this time to reflect and be honest with yourself, trusting that the Holy Spirit will convict you. This is private, between you and God.

Anger	Apathy	Argumentative
Arrogance	Comparing	Jealousy
Fear that controls you	Greed	Hatred
Judgemental	Laziness	Materialism
Complaining	People-pleasing	Perfectionism
Procrastination	Racism	Self-pity
Self-righteousness	Unforgiveness	Swearing
Fighting	Gossip	Lying
Fantasizing / lust	Pornography	

7. Ask for forgiveness. You may choose to pray as a group, or pray individually.

Here is an example of a prayer to confess your sin and receive God's forgiveness:

Heavenly Father, I confess (name sin) as my sin. I repent of it and I ask you to forgive me. Thank you Jesus for cutting me free from all attachments to this sin. Father, Your Word says that if I confess my sins, You are faithful and just to forgive my sins and purify me from all unrighteousness. I receive forgiveness through Jesus Christ. Thank you for forgiving me! Lord Jesus is there anything else you want to say to me in response to my confession? Listen and write down anything you sense Jesus is saying to you.