



ANNOUNCEMENTS

- **VBS** – Vacation Bible School Registration is open. Dates are June 11-15th from 6-8:30pm for kids 4-years old through 6th grade. All kids are welcome! Sign up now if you want to **VOLUNTEER!** We need lots of adults & teens! Visit the App for more information and to register. For more information contact Christine Garth at cgarth@southwinds.org.

MY STORY

Discuss a time when you hit post or texted something and was disappointed when you did not get a response immediately?

QUICK REVIEW

Looking back at this week's teaching, was there anything that particularly caught your attention, challenged, or confused you?

DIGGING DEEPER

Have A Volunteer Read: Luke 10:38-42

Point: Less is More

Discuss the following questions in your groups this week.

- **Honestly, what is the one entertainment media (social media, TV, games...) that consumes the most of your time.**
- **What is an example of when mobile devices become a distraction for people today?**
- **What is an example of a mobile device becoming a distraction for you?**
- **How did Martha allow something like preparing a meal to distract her from the one thing she needed?**
- **What was the "one thing" she needed?**

What is a distraction in your life that so easily entangles (Hebrews 12:1,2) and that you might need to strip off?

Discuss with someone this week, what that looks like.

APPLICATION

Set up a time as an individual or family to have a media “fast” day.

PRAISES

PRAYER REQUESTS