



06.23.24

Group Guide

Consumption



Introduction

More than ever before, the world is at our fingertips. The content available to us through our devices is practically limitless — all we have to do is scroll. Our attention is currency, and where we spend our attention matters because it shapes us. In week one, Pastor John taught how our over-consumption brings us discontentment, distraction, and feeling like deities (that we can be like God.)

Discussion

Before you jump into the questions, revisit and read Psalm 23. As you read, make space for a brief pause at the end of each line. Let the words of this passage sink in just for a moment before moving on. Make space to rest in the truth of these verses. Then take a deep breath and dive in.

1. How does your belief and experience align with that of the Psalmist in Psalm 23? Do you believe he is your shepherd? That he is with you in hardship? Is he refreshing your soul? Share how your life compares to this passage.

2. Talk about your personal scrolling with your group:

- Which social media platforms do you currently have?
- Are there other ways you're engaging online too?
- How often do you feel a pull toward them or find yourself in them?
- How much time do you think you spend on them a day?
- How do they make you feel?

3. **Revisit and read Philippians 4:11-13.** Scrolling brings **discontentment** because it pulls us away from being present with God and people. Share an example of when you completely missed someone (or they missed you) because you were on your phone. What were those experiences like? How do you feel after a week with “way too much” scrolling? More connected and content or not? Why?

4. When we encounter difficult emotions (like fear, shame, embarrassment, or sadness), we're quick to reach for some kind of distraction or distortion to escape — which social media is great at providing. But Pastor John warned us that **distraction** leads to addiction. Practice some vulnerability with your group — is scrolling a common coping mechanism for you? What might this distraction be keeping you from, even if it's hard to face?

5. Our devices feel like they can do anything, which can make us feel like **deities** - that we can do anything too. But we are limited; we can only feel, think, and do so much. How do you feel being connected to everything and everyone all at once? What kind of impact is this kind of limitless connection and information having on you?

Application

- **Get real.** How much screen time (particularly on social media) is a part of your day? Is it a guess or are you pretty sure? Open your phone and take a look at your Screen Time (Apple) or Digital Wellbeing (Android) apps to see a readout of how much time you're actually spending on your various apps. It may surprise you!
- **Get quiet.** Take a few minutes away from the noise and distraction of your day (like your phone) and reflect on the state of your mind and your soul. Do you feel led beside quiet waters? Does your soul feel refreshed? If not, what's robbing or competing for this kind of experience with God?
- **Get creative.** What ideas can you come up with to combat scrolling based on your own unique wiring and typical engagement? Because it affects everyone a little differently, you'll need to discover what works best for you uniquely. Is it removing apps from your phone? Setting screen time limits? Changing the visual settings? Turning off notifications? The ideas are endless — keep trying until something works!