

The Week of:

March 20, 2024

## What's your life like:

What apps do you use the most?

If you could make an app that did anything, what would it be and why?

What's the first piece of technology you remember that blew your mind?

## What are we talking about this week:

### Main Point of Message:

- This week we will be hearing an interview on navigating technology with wisdom with content creator TJ Therrian, REV student Maggie Witzel, and counselor Austin Hatch.

### Discussion Questions

1. What did you think about the panel today? What stood out to you?
2. What was the most interesting thing you heard tonight?
3. What did you find helpful about navigating technology with wisdom?
4. Did any negative patterns with tech in your own life come to mind as the panelists spoke? This will take some honesty!
5. What are some boundaries or safeguards you have set up to help you use technology wisely?
6. What is a key takeaway from what was discussed tonight?

## Now what:

- What is one thing that you want to put into practice from what you heard tonight?