



Discussion Guide

Plugged In

Philippians 4:6-7 | Pastor Dave Bennett | September 6, 2026

Session Overview

We are starting a new series this week called Algorhythms. Every 500 years or so, there has been a drastic shift in the Church. We are around that 500 year mark, and we are standing in the middle of the next shift with technology - social media, the internet, and AI. Today, we will be talking about what we are plugged into. Is it our phones, where we have unlimited connection with limited depth? Or are we plugged into God, the one who has unlimited connection with unlimited depth?

Session Flow (60-75 minutes)

Welcome and Icebreaker (10 minutes)

Even though social media is supposed to make us feel more connected, are there times when it makes you feel more alone?

Purpose: To get the group thinking about where their eyes are looking and what they are working towards.

Scripture Reading

Read Philippians 4:6-7 aloud together.

Leader Coaching Sidebar

- The new sermon series may not be completely clear for some people. If you'd like, take some time discussing and thinking about the series and how it can be helpful for us.
- Ensure that the people in your group know that the discussion is not anti-technology but pro-connection. Technology helps, but it can also hinder.
- It is important to focus on things in our Christian walk that we need to fix, but be sure to also spend some time thinking about the positive and what's already going well.

Discussion (40-50 minutes)

- 1. Instead of going to God, what are some things we turn to when we feel anxious? Do those things end up making you feel more anxious in the end?**

Leader Note: The goal of the question is to get the group to start thinking about the ways we rely on other things rather than God, specifically technology.

- 2. What is a practical way we can learn to break the habit of immediately reaching for our phones when we have a moment of quiet?**

Leader Note: Brainstorm as a group some strategies to step away from using our phones as a distraction or filler.

- 3. Pastor Dave pointed out that “we take a God-shaped ache and hand it to a device-shaped answer.” What are some reflections from the phrase?**

Leader Note: This can turn into a bigger discussion. Feel free to stay here for a while if time allows, or come back to this question later.

- 4. Paul gives us three words that describe real connection: prayer, petition, and thanksgiving. Which one comes easier to you? Which one do you struggle with?**

Leader Note: If a reminder is needed, prayer means turning towards God, petition is asking for something by name, and thanksgiving is remembering what God has done.

- 5. What is the difference between broadcasting our needs to many people and presenting our requests to God?**

Leader Note: Think about all that God can do and what little people can do, yet some of us frequently turn to people first.

- 6. Why do you think it’s important to have community around you? How have you seen God working in the communities you are a part of?**

Leader Note: Reflect on all communities, including this group. This could also be a time to ask how we can be a better, stronger community for one another.

- 7. Proverbs 27:17 says, “As iron sharpens iron, so one person sharpens another,” and we need friction to sharpen. How can conflict be helpful in Christian community?**

Leader Note: Think about the ways that conflict has strengthened a community. Without the friction, we stay dull.

- 8. Who is someone you have a connection with only through a screen that you could work on developing a real-, in-person connection?**

Leader Note: If you don’t have anyone online who could be someone you go deeper with to strengthen community for one another.

- 9. In the sermon, we heard, “A screen can hold your attention; it cannot hold your burdens.” What burdens have you been tempted to numb, scroll past, or carry alone?**

Leader Note: Be intentional with remembering all of these things. At the end, pray for each thing shared and follow up with them as the week goes on.

- 10. Is your technology mostly carrying relationships that already have weight, or replacing relationships that never had depth? What makes you answer that way?**

Leader Note: Remind the group that long distance relationships that have been built on real connection are not the problem. The problem comes when our connection lacks depth.

Application and Prayer (10-15 minutes)

What are you plugged into? Where are your burdens being placed? What is one step in making sure you are drawing towards God?

Closing Prayer Suggestion

God we thank you for being the one who offers us unlimited connection with unlimited depth. We thank you for placing people in our lives who help guide us closer to you. Help us to sharpen one another and have each other to help us to lean fully on you. We thank you for giving us the desire to connect and forgive us when we go to distractions to fill that desire. We ask that you help us to go to you to fulfill us. In Jesus' name, amen.