

REBOOT

TAKE CHARGE OF YOUR TECH HABITS

Live Free: Boundaries of Technology

Scripture: Romans 12:2

Sermon Points:

1. Jesus models a life of freedom by establishing boundaries.
2. God warns us to avoid things that distract us and even destroy us.

NOTE: Some group members may have participated more than others in the Tech Detox for a variety of reasons. Provide space to allow everyone to participate in the discussion without feeling shame while also inviting those who did not participate to consider doing so.

For resources on establishing healthy boundaries and rhythms of technology, visit hbc.com/reboot.

Group Opener

How much did you participate in the Tech Detox? What piece of technology was most difficult to give up?

Discussion Questions:

1. From the Tech Detox, what was the biggest takeaway for you personally? What benefits did you and your family experience?
2. Read Luke 4:42-44
Because He understood His calling, Jesus established three boundaries:
 - 1) the boundary of time
 - 2) the boundary of space
 - 3) the boundary of approval.Of these three boundaries, which do you find the most difficult to establish or keep? In which of these three areas do you see the most opportunity by establishing appropriate boundaries in that area?
3. Read Romans 12:2
What “patterns of this world” have you seen creep into your life through technology? Why is the desire to be “normal,” so powerful?
4. Do you notice any changes in you focus or priorities because of social media, streaming services, gaming or scrolling in general?

NOTE: For this last question you can point people to the REBOOT PLAN card

5. What are some of the boundaries you are setting about your use of technology coming out of this Reboot sermon series? What are some of the opportunities you will seek with the extra time you get back?