

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. How did your tech detox go last week? Share any insights and discoveries you had. If you chose not to participate, share your reasons.
2. Looking at the model of Jesus, He established boundaries for His time and priorities. See Luke 4:42-44. What stands out to you about his decisions? How does our use of screens hinder us from setting boundaries? Do you notice any changes in your focus or priorities because of social media, streaming services, gaming, or scrolling in general?
3. Read Romans 12:2. What is the warning issued here? Why is the desire to be “normal” so powerful?
4. Coming out of this Reboot sermon series, what are some of the boundaries you are setting around your use of technology? What are some of the opportunities you will seek with the extra time you get back?



Memory Verse

“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – his good, pleasing and perfect will.”

Romans 12:2