



GROWING CLOSER TOGETHER

- 1) Which would be more difficult for you to go a week without - a cell phone or a personal vehicle?
- 2) If you lost your cell phone, how many of your contacts' numbers could you recall by memory? 0,1-3,4-6,7-10, 11+

MESSAGE REFLECTION

- 1) What is something from the sermon that stood out to you, convicted you, or inspired you?
- 2) How could distraction be worse for a Christian than temptation or deception?
- 3) What devices are used regularly in your home and what level of distraction would you say they are on a scale of 1-10?
- 4) What are some ways that you can be intentional about building space for your soul?
- 5) Jesus modeled prioritizing the important over what appeared to be urgent. Share about someone in your life who models this.

GOING DEEPER

READ – **Matthew 11:28-30** together

- 1) How do Jesus' words here, help us to see what God desires for our soul?
- 2) How does this fly in the face of what satan, through technology, desires for our soul?
- 3) Why do you think Jesus highlights his gentleness and humility?

READ – **Psalm 127:1-2** together

- 1) What jumps out at you from this passage?
- 2) Busyness and anxiousness are two hallmarks of our culture. How does the Psalmist help us to see an alternative way to live?

LIVING IT OUT

Choose one thing you can change or start doing in your home this week to create space for your soul. Think technology usage first, but possibly another area that is distracting you from what is important.

PRAYER TIME – *Pray for the needs and requests in your group.*