

DISCUSSION GUIDE

BETTER: Part Five, Technology

October 16, 2022



Key Things You Heard

- Matthew 9:16-17
- Proverbs 4:23
- Ephesians 5:15-16
- 1 Corinthians 10:23-24

Pray

Heavenly Father, Help us learn to be godly influencers in our children's lives. Let us do everything we can to ensure that our children are surrounded by people who will help build godly character. In Jesus' name, amen.

Sticky Statements

"We must become committed to guarding our hearts and our children's hearts. There is too much at stake."

Questions for Discussion

Icebreaker: What is the oldest phone you can remember using? What is the earliest phone number you can remember? Have you ever used a payphone?

Read through the following statistics, and then take a few minutes and pray for the young people you know. Pray for all of the young people that attend Northeast.

- Some studies show a 66% increase in depression because of social media.
- The 8th-12th grade suicide rate for girls has increased by 65%.
- Kids with smartphones get 1 hour less sleep per night, than kids that do not go to bed with their phones.
- 62% of teenagers say they have received a nude image on their phone. 40% of teenagers have sent nude photos.

1. Read Proverbs 4:23. Spend some time as a group taking this verse apart. When you read the words, "Above all else..." what comes to mind. Make a list of "everything else." Don't stop

until your list includes at least 20 things. Then, discuss what "...guard your heart" means.

What does it look like to guard a treasure or something of value?

What things are put in place to protect something valuable?

How does this relate to your heart?

This passage says that "...everything you do..." flows from your heart. Make a list of everything you have done in the past week? Obviously, you won't remember everything but make a substantial list.

2. How does this exercise inform your view of your walk with Christ?
How does it impact your perspective on raising children?
3. Read Ephesians 5:15-16. We heard that when it comes to technology, we can REJECT it, RECEIVE it, or REDEEM it. Talk about the advantages and disadvantages of each one.
4. Discuss what each of the following statements means and how they impact your family if they are not considered.
 - Time over time is history.
 - Love over time is worth.
 - Words over time is direction.
 - Stories over time is perspective.
 - Tribe over time is belonging.
 - Fun over time is connection.

Challenge:

This week, pick two nights and from 6PM-8PM, put all devices away. Cook a meal together, go for a walk, play a game, throw the ball around. Give your kids a better alternative. Make a memory. See at the end of this week if you like your life and your family better. Visit: northeastchristian.org/family