



There's nothing worse than feeling like you're not seen or heard. We're so distracted by screens that we miss out on connecting with God and those around us. What would happen if we resisted the urge to scroll, turned down the volume, and paid attention?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Psalm 131**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- How do you know if someone is actively listening?
Not listening?
- What does it practically look like to actively listen to someone?
- What would it look like for you to turn off your phone for an hour each day? What would you do with that time?
- David urges Israel to put their hope in God. What does hoping in God look like for you?
- How does this verse apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.