



Screens ... They're everywhere. In our pockets, on our walls, at our desks. They inform us, connect us, entertain us. Let's be honest — they make a lot of things a lot more convenient. If we were to take a look at our screen time — how much, how often, who and what we interact with ... What would it tell us about ourselves — about what we value, what we prioritize?

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

CONVERSATION STARTERS

- What's one of your favourite apps?
- When did you first obtain a personal computer? Your first smartphone?
- Share something new or a highlight from this past week.

REVIEW

Together, open your Bibles and read from **Romans 12:1-2**.

- 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 have you seen technology encourage ungodly behaviours and attitudes? What about godly behaviour?
- What do you think it would look like to offer yourself to God as a “holy and pleasing sacrifice”?
- How does the transforming of our minds happen?
- In what ways can we determine if our screens are helping renew our minds according to God’s will or if they are conforming us to the world?
- What steps can you take to develop healthier technology habits?
- Decide how you will practice the “digital detox” this week. Ask a friend to help you stay accountable. Access the Digital Detox PDF on the FAC Experience App under the weekend resources. Will you join us?
- How do these verses 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.