



“Image management” has always been a thing, but technology and screens put it right at our fingertips — at any moment. We can choose the words and images and interactions we want to share, in real time ... as we scroll through what others are choosing to share. How do the carefully curated lives we scroll through — including our own — shape us and the way we see our world?

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

CONVERSATION STARTERS

- What do you like to do to rest and relax?
- Share something new or a highlight from this past week.

REVIEW

Together, open your Bibles and read from **Romans 1:21-23.**

- 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

- When have you prioritized your digital life over your real-time relationships?
- In what ways have you prioritized what you find on the internet over the word of God?
- In what ways have you allowed your screen to become your idol?
- Why are we better off looking to God for fulfillment over our screens?
- Where is your favorite quiet place as you talk to God? This week, try different places around the house, outside, or on a walk. Put your phone away. Turn off the TV and computer and spend time with Him.
- 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.