

INTEGRITY CHURCH BIBLE STUDY

GET YOUR LIFE BACK Session 2: Simple Unplugging

Core Scripture:

*Oh, how I love you law! I meditate on it all day long,
Your commands are always with me and make me wiser than my enemies.
I have more insight than all my teachers, for I meditate on your statutes. Psalm
119:97-99*

SUMMARY

- To create soul space and find more room for God in our lives, we're going to have to deal with our consumption of – and attachment to - technology.
- According to author Nicholas Carr, our use of media – particularly the internet, our mobile devices, and social media – is literally changing the way we think and process.
- This isn't simply a cultural crisis but a spiritual crisis. The soul's need for love, restoration and connection with God hinges on our ability to give God our attention.
- Research shows a direct correlation between our amount and consumption of social media and the rise of anxiety and depression in our culture.
- No human soul was made to ever endure all the sorrows and heartache of the entire planet delivered daily on our mobile devices.
- The desert fathers were a beautiful, holy, ragtag group of believers in the early centuries of the church that went away from society in order to try and find a soul life again and recover from the toxicity of their world. It's time for a new era of desert fathers and mothers – those willing to be counter-cultural and not live attached to the daily chaos.
- We are meant to be filled with the life and the love of God, but we face a double bind. In the very moment we need strong and resilient souls to resist that madness of this world, the same madness is taking our attention away from the very graces we need to thrive.

Discussion Questions

- 1) What affect has the practice of the One Minute Pause had on your heart this past week? Is it becoming more natural the more you do it?
- 2) Would you say your drawn to – or perhaps addicted to – the things that offer distraction? Why or why not?
- 3) Studies show how we consume information literally changes the way we think and process it. Has this been the case for you? If so, how?
- 4) What technology would you least want to give up? Most days, do you feel it serves you or you end up serving it? Would those close to you agree?
- 5) While in a meeting or in-person conversation, how hard is it for you to ignore your phone for a few minutes when it chirps or beeps? Assuming that you aren't expecting an urgent call, what do you think drives the need to always be reachable?
- 6) So much of our world can be experienced digitally. In what ways do you seek out "real" things – like chopping vegetables, doing a puzzle, going for a walk, or playing an instrument? What benefit might those things bring?