

HOW TO HAVE A SANE RELATIONSHIP WITH TECHNOLOGY

JUSTIN WHITMEL EARLEY | NOVEMBER 5 & 6, 2022

PROVERBS 4:23 AND PSALMS 115:8

Introduction

1. My Story

2. Spirituality of Habit

3. Application Habits

4. Grace and Habit

DISCUSSION QUESTIONS

FOR FAMILY, FRIENDS & GROUPS

1. How does Proverbs 4:23 ("Above all else, guard your heart, for everything you do flows from it.") apply to the area of technology?
2. How does Psalm 115:8 ("Those who make [idols] become like them; so do all who trust in them.") apply to the area of technology?
3. Explain how habits form identities and identities shape habits.
4. What is a rule of life? Do you have one? Do you need one?
5. Justin said, "Your habits of attention form who you are." What does that mean? Give some examples of that principle? Where do you see that at work in your life?
6. What boundaries do you have on your technology and media usage that help you be present?
7. How does the technology in your life draw you into or distract you from relationships?
8. What would improve about your life if you did the things Justin described?
9. Which of the habits Justin talked about do you think would be the most challenging for you?
10. Are there any habits that Justin talked about that you want to try? Maybe there is one we could all try together this week.