

Small Group Guide: FAMILY LIFE - Raising Kids In A Screen-Filled World

Opening Question If your phone could only keep one app for the next month, which app would you keep and why?

Opening Prayer *Lord Jesus, thank you for bringing us together. We live in a world filled with screens and constant notifications, and it's easy to get distracted. As we talk today, would you gently show us where our phones and technology are helping us follow you, and where they're getting in the way? Give us wisdom, honesty, and grace for ourselves and each other. In Jesus' name we pray, amen.*

Key Takeaways from the Sermon

Technology is powerful and pervasive.

Smartphones are shaping human behavior more than almost any other invention. The average person looks at their phone 186–200 times a day, for 3.5–4.5 hours daily.

Our kids are watching us.

More than half of children think their parents are on their phones too much. Much of what our kids “learn” is *caught not taught*—they imitate our habits.

Time is a stewardship issue.

We only get a limited number of days. Phones and screens can quietly consume years of our lives and keep us from “making the most of every opportunity” (Eph. 5:15–16).

The world's values are amplified through screens.

Social media and online content continually push the world's value system—status, appearance, wealth, popularity—making it easier to “love the world” instead of just loving the *people* in it.

We can become addicted to approval.

Likes, comments, and notifications trigger dopamine in our brains. That can hook us into living for people's responses instead of God's approval (Gal. 1:10).

Screens easily distract us from what matters most.

Like Martha, we can become “worried and upset about many things” and miss the “one thing” that is truly needed—sitting at Jesus' feet (Luke 10:38–42) and being present with the people closest to us.

Technology can still be used for God's glory.

Phones and digital tools can assist our worship, help us connect with other believers, and strengthen our spiritual growth—if we use them intentionally instead of letting them control us..

Discussion Questions

1. Read Ephesians 5:15–16.

- In our screen-filled world, what might it look like to live “carefully” and “wisely” with our time?
- Without getting too personal, where do you see technology most likely to waste *opportunities* in everyday life (family time, work, worship, rest, etc.)?

2. Read Romans 12:2 and 1 John 2:15–17.

- How do our phones and social media try to “conform” our thinking to the world’s values?
- What are some examples of “loving the world’s system” versus loving the people in the world the way God does?

3. Read Galatians 1:10.

- How do online habits (posting, checking likes, reading comments) feed the desire for human approval?
- What might it look like, practically, to seek God’s approval first in how we use technology?

4. Read Luke 10:38–42 (story of Mary and Martha).

- If Jesus came to your home today, what “many things” might distract you from sitting at His feet?
- How does this story challenge the way we prioritize time with Jesus versus our phones and devices?

5. Pastor Dan said, “*Most of what we learn is modeled, not taught.*”

- For those who have kids or grandkids, what kind of technology habits do you *hope* they see modeled in your life?
- For everyone, what kind of Jesus-centered habits would you like your use of technology to reflect?

6. Think about Pastor Dan’s line that our phones can become a “little ‘g’ god.”

- What are some warning signs that a phone or device is starting to function like an idol (something we trust in, turn to first, or can’t do without)?
- Which of those warning signs are most tempting or relevant in our culture?

7. Pastor Dan mentioned both the dangers and the positive uses of technology.

- What is one *harmful* pattern with screens that you’d like to reduce or change?
- What is one *healthy* use of technology (Bible app, worship, prayer reminders, encouragement texts, etc.) that you’d like to increase?

8. If you imagine yourself five to ten years from now...

- What kind of relationship with Jesus and with people do you hope to have?
- How might your phone and tech habits today help—or hurt—getting there?

Practical Applications (Choose one or two.)

1. **Set a “Phone-Free Block” Each Day**

Choose a daily 30–60 minute window (e.g., dinner time, first hour after work) where phones are silenced and out of sight, to be fully present with God or with people.

2. **Start the Day with Jesus, Not the Screen**

Commit for the next 7 days: no checking texts, email, or social media until after a short time with God (e.g., one psalm, a short prayer, or a reading plan on a Bible app).

3. **Turn Off a Few Non-Essential Notifications**

Identify at least 2–3 apps whose notifications consistently pull you away from important moments, and silence or limit them for the week.

4. **Use Tech to Build Faith**

Add one spiritually helpful practice to your phone use this week—such as:

- a daily verse notification,
- worship playlist,
- prayer-list app,
- or sending one encouraging text to a believer each day.

5. **Plan a “Screen-Light” Evening or Half Day**

As an individual, couple, or family, schedule a short period (even 2–3 hours) where everyone minimizes screens and chooses face-to-face connection, reading, prayer, or outdoor activity instead.

Memory Verse for This Week

Ephesians 5:15–16 (NIV)

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.”

Closing Prayer *Lord, thank you for this time together and for the challenge from Pastor Dan’s message. You’ve given us only so many days, and we don’t want to waste them. Help us to be wise, not unwise, in how we use our phones and all our digital tools. Teach us to love people more than screens, and to desire your approval more than the approval of others. By your Spirit, give us the strength to make small but real changes this week. Draw us back, again and again, to sit at your feet like Mary did. In Jesus’ name, amen.*