

Focus

Ephesians 5:8-17

Taking it Home:

1. Look at the screen time use on your phone. It should also show you which apps are used the most. Are there specific apps you’d like to delete or cut back on to ‘make the best use of your time?’
2. Review the Digital detox card in full. What might you continue beyond this week to honor the Lord with your screen use?

Prayer Concerns:*In our screen use, our homes are protected by:*

1. **Honoring the Lord in the** _____

“For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth), and find out what pleases the Lord.” [8-10]

2. **Making the best** _____

“‘Wake up, sleeper, rise from the dead, and Christ will shine on you.’ Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. [14b-16]

3. **Redeeming my** _____

“Therefore do not be foolish, but understand what the Lord’s will is.” [17]

Personal Study/Growth Group Discussion Questions

Getting Started:

1. If you are willing, share with your GG how much screen time you average per day. Honestly.

Digging Deeper:

Read Ephesians 5:8-17

1. What noun does Paul use to describe the Christian and what does he mean? What correlation is there to be between “who” we are and “what” we do as Christians? How does this play out in your life?
2. As you consider your screen content, does it represent the fruit of light (goodness, righteousness, and truth)? Explain.
3. What influence does light have on others? How does the content you consume influence your family?
4. ‘Making the most of every opportunity’ is also translated ‘making the best use of the time’. In Ephesians 5, the Greek word for time is ‘Kairos’ and it means a “God given opportunity fitted for a particular purpose.” Is this the way you view your time? If not, how do you view it? Read Psalm 39:4, 90:12 and Colossians 3:17. How might God want you to rethink the use of your time?
5. What is the Lord’s will regarding screen use? Though not specifically discussed in the Bible, how is the Bible instructive on the way we should think about our devices? How might you redeem your screen use for good?
6. If you started the digital detox, what has been the most difficult and most rewarding thing about it? As you look forward to the rest of it, what intimidates you?
7. Pastor Marc shared that our dismissiveness of screen use may be the thing our generation looks back on with greatest regret. After listening to the sermon and reading through Scripture, how might you lead the way in necessary change for your family? How can your GG help keep you accountable?