

CONNECTED BUT ALONE • INFORMED BUT DISTRACTED

August 3, 2025 // Alicia Bruxvoort (Worship Center) + Anna Beck (Chapel)

BIG IDEA: Through the Spirit's guidance, we can master our tools instead of being mastered by them. Technology is not evil, but distraction is dangerous.

KEY SCRIPTURES:

Psalm 46:10: *Be still and KNOW that I am God.*

1. Psalm 46:10 says, "Be still and know that I am God." In what ways does digital technology make it harder for you to be still and truly present—with God and with others? What practices help you re-center?
2. "Freedom requires fences." How do you currently set boundaries around your use of technology? What limits have been life-giving, and where do you feel a need to create new ones?
3. "You're always being shaped. Pay attention to who you are becoming." What kinds of content or online habits are shaping you the most right now? Are they forming you into someone more like Jesus—or pulling you away from Him?
4. "Wisdom whispers where tech shouts." How do you discern the difference between helpful information and true wisdom? What helps you make space to listen for God's voice in a noisy digital world?
5. "Technology is both tool and trap." In your life, where has technology been a helpful tool, and where has it become a trap? How can you shift it back into the "tool" category?
6. "Our kids are being shaped—intentionally or not." If you're parenting (or mentoring), how are you helping the next generation frame their relationship with tech? What conversations do you need to start having?
7. "Tech is not evil but distraction is dangerous." Identify some of the ways technology distracts you from "being present where your feet are planted." What helps you stay attentive to the presence of God and others?
8. "Holy indifference" means being open to the Spirit, detached from personal agendas. Where do you sense yourself clinging to your preferences or habits when it comes to technology? What would it look like to release those and move toward the center of the frame?