



Part 1: Harnessing Our Intention and Attention

Whether we realize it or not, we are being shaped by what we see, hear, and experience every day. The messages we encounter are shaping the way we think, feel, and act, which means we better be intentional about our attention!

Discussion Questions

1. Talk about your habits when it comes to technology. How would you describe your relationship to your phone, screens, or other devices? What kinds of technology do you love using? Do you have any habits that don't feel healthy or that you'd like to improve on?
2. Read Romans 12:1-2. What stands out to you? What are some key differences between being 'conformed to the pattern of this world' and being 'transformed by the renewing of your mind'? What are some ways that each of these might look practically, as it relates to our interaction with technology?
3. Take a look at our Digital Rule of Life (available on our website). Have you ever used a 'Rule of Life' before? What do you know about them? What questions do you have about what that is?
4. We're going to work on this together this month. The first step is to write a 1-2 sentence purpose statement. Pick one or two of these reflection questions and share with the group: *Who do I want to be? How do I want to live? What do I most value in life? How are my interactions with technology helping or hurting my personal growth, relationship and spiritual life?*
5. Reflect on your current habits and how they are helping or hurting you in the areas that matter most.

Moving Forward

If you have a purpose statement (or at least an idea for one), share it with the group and discuss what you hope to get out of an exercise like this.