



Part 4: Connecting and Disconnecting

We all have information, but what we need is wisdom. This week, we reset the clock and explore the difference between knowing what's true and actually living it, especially when it comes to our habits, freedom, and technology. Proverbs reminds us that wisdom isn't automatic or accidental. It's a costly, intentional pursuit that leads to a better, freer life.

Discussion Questions

1. When you think about the phrase “*wisdom vs. knowledge*,” where do you most often notice a gap between what you know and how you actually live?
2. As you read Proverbs 4:4–9, what *actions* are we told to take toward wisdom, and what *outcomes* or results are promised? What stands out to you about how wisdom is described? Verse 7 says, “The beginning of wisdom is this: Get wisdom.” What do you think that means, and how does that shape the way we think about priorities rather than just information?
3. In 1 Corinthians 6:12, what tension do you notice between freedom and what is beneficial? How does Paul redefine real freedom, and how does that challenge common cultural assumptions about choice and autonomy? How could this verse be used as a filter for making decisions about our habits?
4. We were challenged to reflect on the following questions: “*What do I value most?*” and “*What habits organize my life?*” What is one habit—especially related to technology—that currently reinforces your values, and one that may be undermining them? Proverbs 13:20 links wisdom to companionship. How have the people you spend the most time with shaped your habits or priorities, for better or worse? What intentional step could you take to surround yourself with people who reinforce the life you want to live?

Moving Forward

Review your Digital Rule of Life that we've been working through this month. Share with one another what your commitments are, pray for each other, and plan to follow up in the coming weeks.