



SCREENS

Colossians 3:1-17; Matthew 5:22; James 1:19-21; Proverbs 15:14, 17:24

OPEN

Take an educated guess: How many hours do you look at screens each day (TV, phone, computer, tablet, reader...)?

How have you seen screens impact everyday life in the last 5-10 years?

DISCUSS

Screens are not going anywhere...it is the medium of the culture and there are no signs we will become less dependent on screens in the future. *The question then is how will we (intentionally) navigate the screened world every day?*

Do you think screens are: Inherently good? Inherently bad? Neutral—simply tools to be used by the individual? Explain your answer.

What does Proverbs 15:14, 17:24 have to say to the seemingly unlimited landscape screens provide us in gaining knowledge, connecting with others, and platform to tell the world anything we want?

If there is one thing humanity has proven time and again, is when limits are removed and restraint is not exercised, humanity often destroys itself from a lack of self-control—from the inside/out.

- Have you witnessed screens being used without limits leading to negative consequences? Have you seen positive consequences?

We are prone to want to *be like God* which is the residue of sin from the Garden of Eden. We are prone to take good things beyond intended boundaries whereby we actually miss the good life God has intended. Again thinking of the unlimited nature of screens/media/technology, Have you been tempted or felt the pull of the "Omni-Life" now or in the past?

- **Omniscience—Being all-knowing.** Investing more and more time to learn (for work, hobbies, shopping, or any curiosity) where it has consumed time and your mind to the point that you have little time for relationships or have created a mind that can never rest?
- **Omnipresent—Being everywhere all the time.** Social media has created a hyper-connectedness to people, causes, and organization unlike anything we have ever seen in history. Consider these questions:
 - How much time does social media consume in your day? Are you ever NOT connected through your social media channels?
 - Have you invested more time in media relationships than with face:face relationships in the last 30 days?
 - What do your posts or comments reflect about you?
- **Omnipotent—Being all-powerful.** Abuse of power is a common temptation. In our screened world, it has led to *screen snipers* and *media meanies* (those who say hateful things through email, text, social media or other screened platform).
 - Have you ever attached someone's character or torn someone down through a screen message? How did you feel? What happened to the relationship? Were you anonymous?
 - What does James 1:19-21 and Matt 5:22 say about saying mean words to one another (especially as Christians)?
 - Do you think our finger tips and thumbs are our new tongues today?
 - Note: If you are a screen sniper, then you need to take the mature step to repent and make amends for the harm you have caused yourself and others through your actions.

To be intentional in your journey (with screens and other areas of life) you need to:

- Be aware of what you are doing
- Be intentional with healthy boundaries as guiderails for today and tomorrow
- Submit all you do to the goal of loving God and others more and more.

How do these three things apply to YOUR journey with everyday screens?

How have you been challenged through the message and study on screens?

Any changes or actions you are considering taking in response to your own *screened in world*?

NEXT STEPS

- Reflect on the Bible verses in this study.
- Commit to adopting one (or more) of the training practices below as pay attention to what is stirred in you this week as you are more intentional with the screens in your life>
 - **Fast from screens for one day or a weekend.** Pay attention to the loss or anxiety that is produced by being “unplugged.” How did you use your time without screens?
 - **Daily prayer/Bible reading reminders in your calendar** with an alarm throughout your day. Stop what you are doing when those “holy appointments” occur spend a few moments in prayer and/or Bible reading. How does reorienting your day around prayer and Scripture impact your everyday?
 - **Bible reading, hearing, and reflecting.** Download the YouVersion Bible or Bible Gateway Bible App (or some other quality Bible and devotional app). Take advantage of having the Bible and devotional plans with you every second of the day. Why not be *hyper-connected to the Scriptures*?
 - **Exercise the gift of encouragement** through your screened channels. For one week, try blessing others and saying nothing of yourself. Why not be *hyper-blessers*?