



## **The Medicine Cabinet: Week 4 — “Turn It Off”**

**CONNECT:** What is your favorite game or app to use on your phone?

### **GROW:**

1. Steve Jobs said, “People don’t know what they want until we give it to them.” How much do you think your phone (and the things you look at on it) shape what you want, how you feel, and how you live your life? Be honest!
  - Did anyone look at their screen time after the message Sunday? Were you surprised by the report you saw?
2. **Read Matthew 6:22-23.** Read that last line again! *“And if the light you think you have is actually darkness, how deep that darkness is!”* Not only are our phones and social media distractions, but many times, they are filled with lies—the world telling us that darkness is light. Have you found that to be true? If so, where have you encountered that?
3. **Read Colossians 3:2.** The more we fill our minds with worldly things, the harder it is for us to discern light vs. darkness, truth vs. lies.
  - What is one worldly distraction you can give up this week?
  - With the extra time you’ll have from giving up that thing, what will you do instead to help you grow in your relationship with Jesus?
4. **Read Ephesians 5:15-16.** How can you make the most of the opportunities you have been given? We know our teenagers and young adults are being hit hard by the distractions in our world right now—how can you support or encourage our students this week? (Some ideas: pray, encourage leaders that are already serving, become a leader, reach out to student pastors... get creative!)

**PRAY:** Ask God to show you what you need to surrender to Him and what distraction you need to set down and step away from so you can grow closer to Him. Pray for each other and hold one another accountable.

**NEXT:** Ask someone to hold you accountable for following through on your answers to #3.