

# LIFEGROUPS

## DISTRACTIONS

1. How have the beeps in your life grown over the years? Do you feel that you are more or less distracted now than you were in the past? What would you identify as the main sources of distraction?
2. Distraction → Shallow Thinking → Shallow Living : do you agree or disagree with this statement? Where do you see evidence of distraction that is causing shallow living in your life?
3. Do you have a device you find you just cannot live without? How do you feel when you leave home with it (If you can)? What is it about this device that keeps you so committed to it?
4. In what settings are you prone to multitasking? Have you found that you can do two or more things at once while maintaining high standards of quality in each area? What challenges and benefits does multitasking present?

*Read Luke 9:38-42*

5. What was Martha distracted with? Why did Jesus challenge her about it?
6. What's the difference between Martha & Mary's state of heart?
7. If Martha was sitting there, would she still be distracted about things?
8. Why wasn't Mary distracted by those things? Is she just irresponsible?
9. Do you ever avoid listening to Jesus, because it's easier to run around doing things? Why?

*Application (from The Next Story, by Tim Challies)*

1. Identify Distractions
  - a. Measure your media usage
  - b. What dulls your mind, instead of sharpens it

*Would you share with each other which apps are using the most battery life on your phone? Would you be open to one another's suggestions on how to deal with it?*

2. Destroy Distraction
  - a. Delete & Unsubscribe
  - b. Focus on substance
3. Cultivate Concentration
  - a. Dedicate more time to fewer things
  - b. Write, or audio journal, video journal
4. Seek Solitude
  - a. Take a digital fast
  - b. Take a digital vacation
  - c. Plan digital free times

### LEADER'S NOTES

Much of this study was taken from *The Next Story*, by Tim Challies, 2015. It's an excellent book on how technology is changing and challenging faith, in positive and negative ways. Worth picking up and reading as a way to sharpen your mind.