

## The Burnout Society: How To Manage Screentime

This is the opportunity for your group will discover what God might be saying to you out of the weekend experience, and how you can respond through a group discussion.

*\*This guide is designed to help you create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.*

## DISCUSSION QUESTIONS

### Break the ice:

1. How would you describe your relationship with: your phone, social media, your devices? Share what you love and what you hate in that relationship. Anyone can begin
2. If you've watched any of the three movies referenced this past weekend, *The Social Dilemma*, *The Social Network* or *Ready Player One*, what connected with you, and why?
3. What stood out to you the most from the weekend message?
4. Why did that stand out to you most? What do you think God might be trying to say? (It's ok if you're just guessing. This will give you some space to process what it might be.)

### **Read 1 Corinthians 6:12**

*"I have the right to do anything,' you say, but not everything is beneficial. 'I have the right do anything' – but I will not be mastered by anything."*

As we think about our engagement with technology, it's not an all or nothing conversation, but instead considering what's working and what's not. Asking what's getting me closer to the life I want. Based on Paul's advice above, Curt asked us to reflect on two questions:

**Is it Beneficial?**

**Are you being mastered by it?**

5. As you reflect on these two questions and your relationship with your phone, social media and the digital world, is it producing the results you want? What changes do you want to make?
6. Have you ever tried taking a break from screens or social media for a period of time? How did that go for you? What worked? What didn't work?

Andy Crouch, *The Techwise Family*

***"Making good choices about technology is more than just using internet filters and limiting "screen time." It's about developing wisdom, character, and courage in the way we use digital media, rather than accepting technology's promises of ease, instant gratification, and the world's knowledge at our fingertips."***



THE  
BURNOUT  
*society*

**Wrap It Up:** Before you wrap up, what how you can pray for each other to take steps in opting out of The Burn Out Society.

**More from the Weekend;**

Join us next weekend for part 4 of The Burnout Society as we look at the role of rest and sabbath in opting out of The Burnout Society. See you next week!