



“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

—Mark 12:30

The danger of distraction:

- 1 Kings 19:11-13
- Luke 10:38-42
- Luke 5:16
 - Matthew 4:1-11
 - Mark 1:35-38
 - Luke 6:12
 - John 6:14-15
 - Matthew 26:36-46

My “phone fast”:

TRANSFORMED BY THE TRUTH

Questions for reflection & discussion

1. Are your digital devices a blessing or a curse? Why? What apps have helped you spiritually?
2. Read Mark 12:30. For you, is it easier or more difficult to love God in the Phone Age than it was before the digital revolution? Why?
3. Read Luke 10:38-42. In what ways does your phone distract you? Do you think those distractions are more or less important than what they take you from? How can you minimize them?
4. Read Luke 5:16 and 1 Kings 19:11-13. In the last year, what is the longest amount of time you have been able to pray without distractions? To what extent do you think distractions affect your ability to “hear” from God?
5. What do you need to talk to, and hear from, God about right now? What realistic “phone fast” might help you to connect with Him in an undistracted way?