

## **SERMON DISCUSSION GUIDE:**

**January 11, 2026**

**Small Group Discussion Guide**

**Series:** Digital Detox

**Title:** Reclaim Your Soul from the Scroll

**Primary Passage:** Ephesians 5:11

**Bottom Line:** We must discern utility from distraction.

### **SEE CLEARLY: WHAT IS DISCIPLING US?**

**Scripture:** Ephesians 5:11; Psalm 139:4, 7

*“Have nothing to do with the fruitless deeds of darkness, but rather expose them.”* — Eph. 5:11

Discussion

- The sermon said “everyone is disciplined by something.” What do you think that means?
- Where do you see digital media shaping your habits, attention, or desires?
- Phones can give the illusion of being all-knowing, everywhere, and in control. How do these illusions compete with what we believe about God from Psalm 139?
- Why do you think Paul connects exposing darkness with healthy Christian living?

Practice

- Where do you see distraction becoming “normal” in our culture—or even in the church?
- How can small groups help one another see clearly rather than shame or control behavior?
- What might God want to expose—not to condemn you—but to free you?

### **TURN OUR ATTENTION: WHAT DO WE BELIEVE DESERVES OUR FOCUS?**

**Scripture:** Psalm 119:37 *“Turn my eyes away from worthless things; preserve my life according to your word.”*

Discussion

- According to this Psalm, what is the connection between attention and life?
- How do we decide what is “worthless” versus what is life-giving?
- What we give our attention to eventually shapes who we become—do you agree? Why or why not?

Practice

- What tends to steal attention from your relationships, your work, or your spiritual life?
- How can community help us reorient our attention toward God rather than isolate us in guilt?
- How might your life look different if God—and His Word—had your best attention instead of your leftovers?

### **PRACTICE A DIFFERENT WAY: TOOL OR TREASURE?**

**Scripture:** Mark 1:35; Matthew 5:30

Jesus disconnected from the noise in order to reconnect with the Father.

Discussion

- Why do you think Jesus regularly withdrew from people and activity to pray?
- What’s the difference between using something and being ruled by it?
- Jesus uses strong language in Matthew 5:30. Why do you think He speaks so seriously about removing what causes us to stumble?

## Practice

- Which detox ideas feel realistic for you right now (grayscale, no-phone zones, DND, partnering with someone)?
- How can we support each other without becoming legalistic or judgmental?
- What might God want to replace your wasted or distracted time with?

## **LIVE A NEW STORY: WHO ARE WE BECOMING?**

**Scripture:** Galatians 2:20 *“I no longer live, but Christ lives in me.”*

## Discussion

- How does this verse reshape how we think about our online and offline lives?
- What would it look like to live “by faith” with your digital habits?
- How does weekly worship and embodied community push back against isolation and distraction?

## Practice

- Why is gathering as a church such a countercultural act in a digital age?
- How can your group help make Sunday worship and daily spiritual rhythms a priority?
- In what ways is Jesus inviting you to trust Him—not your phone—with your peace, identity, and future?

## **Closing Prayer**

Ask God to help your group discern tools from traps, reclaim attention for what gives life, and grow into people who live fully present—with Him and with one another.