

SERMON DISCUSSION GUIDE:

January 18, 2026

Series: Digital Detox

Title: Digital Re-Engagement

Passages: 1 Peter 5:8–9; 2 Corinthians 10:3–5

Bottom Line: *Is my use of media helping me live like Jesus?*

Opening: This week we close the *Digital Detox* series by looking forward. Digital media doesn't just distract us—it disciplines us. It shapes what we love, how we think, and who we are becoming. Tonight, we'll look at Scripture together to strengthen what we **believe**, process it in community so we **belong**, and ask how the Spirit is forming us into people who are **becoming** more like Jesus.

Read aloud: 1 Peter 5:8–9

- What words or phrases stand out to you in this passage? Why?
- Peter calls us to be “alert and of sober mind.” What do those words suggest about the posture of a disciple?
- According to this passage, is spiritual danger passive or active? How does that shape how we think about everyday habits like media use?
- How does this scripture challenge the idea that “it’s just scrolling” or “not a big deal”?

Read aloud: 2 Corinthians 10:3–5

- Paul says we live *in* the world but don't fight *like* the world. Where do you see that tension most clearly in digital spaces?
- Which “strongholds” or thought patterns does social media tend to reinforce (comparison, outrage, identity, fear)?
- Why do you think isolation can feel like connection online? What does real spiritual community provide that digital connection cannot?
- How does talking about these struggles together change how heavy or manageable they feel?
- What does it look like to “stand firm” *together*, not just individually?

Jesus said, “*Come, follow me*” (Mark 1:16–18). Discipleship is learning to live like Jesus in everyday life.

- When you consider your digital habits, what kind of person are they shaping you into?
- How do habits of attention, pace, and thought life either move you toward or away from the character of Jesus?
- Which emotions does your media use most often produce: peace, gratitude, anger, envy, anxiety, compassion?

Using 2 Corinthians 10:3–5 as a framework, discuss one step you'll practice this week:

- **Curate for growth:** What might you unfollow or add to your feed?
- **Post for connection:** How can you engage online without seeking validation?
- **Abide before you app:** What could it look like to connect with God before screens?
- **Am I using my phone or media as a *tool* or *distraction*:** When will you pause to ask this?

Which practice will you do this week, that next time we meet I can ask you about?