



# FAMILY Values

**Live in the Moment**  
**January 18, 2026**

**Read Ephesians 5:15-17 and Proverbs 4:23**

When you look at how you spent your time last week, what received the most attention? Did it benefit you spiritually and emotionally?

**Read 1 Corinthians 10:23**

Are there areas of your life where technology has shifted from being a useful tool to acting like a master in your life? What is one concrete boundary you could set this week?

**Read Ephesians 5:15-17**

What distractions in addition to technology might pull you away from God and from people? How do we follow Jesus in a world built for distraction?

**Read Deuteronomy 6:5-9**

Deuteronomy pictures faith being formed through every day, present moments at home and on the go. Are there ways phone use can help that kind of life-on-life discipleship?

**Read Luke 10:38-42**

In the Martha and Mary story, Martha is described as distracted. How difficult is it for you to choose the “better part” in your personal time with God and others? How do you balance the responsibilities of life that can pull us away even if we want to be more present?

**Read 1 Thessalonians 4:11**

“A Quiet life” is a biblical aim, not just a personality type. What would a quieter, less reactive week look like for you, and what habits would have to change to get there?

Jesus practiced rhythms of solitude and prayer. What intentional rhythm (daily, weekly, or at home) is most helpful in allowing you to be more fully present with God and then with others?

Choose two of the practical “rhythms” from the sermon (for example: phone place at home, meals as moments, tech sabbath, bedtime for the phone, making distraction harder, transition into home). Which two will you try for the next 7 days, and who will hold you accountable?

## DISCUSSION QUESTIONS

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