



Pastor Ernest — May 24th, 2026

If you would like to watch the weekend message, visit www.frontrange.org/messages

This is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one.

Scriptures: Genesis 25: 29-34, John 10:10

Three Essential Questions

These are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. What did you hear? What point in this message was most impactful for you?
2. What do you think? How did this message challenge, change, or affirm your thinking?
3. What will you do? How will you or your group put into practice what you've learned today?

Message Points/Extra Questions

1. What is one piece of technology you would struggle to go without for a week?
2. Have you ever taken a break from social media, gaming, TV, or your phone? What was it like?
3. Why do you think Esau gave up something so valuable so quickly?
4. Have you ever made a short-term decision that affected something important long-term?
5. What valuable things are easiest to slowly give away without noticing?
6. How can technology make us feel connected while actually increasing isolation?
7. What boundaries could help improve your in-person relationships?
8. How has constant exposure to content changed people's standards or sensitivities?

Digital Detox Challenge:

1. Take Inventory

Were you surprised by your screen time?

Where does most of your digital time go?



2. Establish Boundaries

What healthy boundaries could help you personally?
Are there certain times of day you should disconnect?

3. Remove What Is Stealing From You

Is there an app, platform, or habit that consistently steals your peace, time, or focus?
What would be hardest for you to remove temporarily?

4. Go 24 Hours Without Devices

What emotions come up when you think about unplugging for an entire day?
What do you think that reveals?

5. Seek God's Voice

What distractions make it hardest for you to hear from God?
How can silence and solitude strengthen your relationship with Him?
What practical habits help you focus on God consistently?