

5 Practices for this Wild Digital Life

James Kelly

Icebreaker

Look at some of the statistics James provided. How many of them apply to you? How do these habits influence and shape your daily rhythms?

- 98% of people use their phone to avoid boredom
- 60% of people sleep with their cellphones
- 75% of people check their phones within 15 minutes of waking up

Let's Review

Exhaustion:

1. Make a list of things that fill you and another list of things that drain you. Does your life have a good balance of things from both of these lists? Do you look for things from the wrong list in order to be filled up?

Secrets:

2. Secrets can be damaging if left unchecked. Are there any secret struggles or sins that you have been holding back? Is there anything that you need to confess or bring to light?

Distraction:

3. *"if the way that you're interacting with technology doesn't help your run with Jesus, scripture says throw it off."* Are you using technology simply as a way to keep you distracted? From something difficult? From something God is calling you to do?

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Let's Apply

Looking at the list of practices that James provided:

- Starting your day in quietness
 - Having a rhythm of rest
 - Turning off the internet
 - Weekly walk with somebody you can share with and be accountable to
 - Building a focal practice, i.e. learning to play an instrument
4. Of these practices, which ones do you already do? Which ones are you in need of? Which ones could you start doing today?
5. What are other countercultural practices not listed that you are already doing with technology? Ones you could start implementing? Share with your group.

Let's Pray

- Pray that we navigate this digital world without being controlled by it by implementing practices and boundaries in our technology use
- Pray for those who are battling exhaustion to rest well
- Pray for confession and forgiveness amongst those battling secret sin
- Pray for those who are distracted to find freedom

More Information

For more information on James Kelly and the work that he does, feel free to check out the FaithTech website: <https://faithtech.com>