



## **WEEK ONE | THE ANXIOUS GENERATION**

The sermon this week is an introduction to the rest of the series about mental, emotional, and spiritual health. We plan to do a series like this one at least once each year because the need is so great. We used to think we needed to keep up with technology because of how it effects our children. We have learned that no one is spared the sting of depression, anxiety, and other mental and emotional burdens. Either we deal with these, personally, or people we love and know do.

**What is your current relationship with social media and social technology?**

**How do you find balance between staying connected through technology and maintaining real-life connections and presence?**

### **TALK ABOUT IT**

As we get more personal about the effects of technology in our lives, take into consideration how much time, if you even know, you typically spend scrolling or emersed in tech and social media.

**How has technology, especially smartphones and social media, influenced your mental and emotional health?**

**How has smartphones changed the way we connect with others by shifting our focus from real connections to online interactions?**

**What is the weight of over connection (knowing too much about too many people) doing to our emotions and health?**

## **APPLY IT**

It's crucial for us to remember that not only is technology robbing us of real connection with others, it is robbing us of the connection we need most with God.

**Read Psalm 46:10.**

**How can we encourage each other to prioritize real connections and spiritual practices in our daily lives?**

**What steps can we take to create a healthy balance between technology use and being present with those around us?**

## **PRAY**

Make this time an indispensable part of your group. It can be at the beginning, end, or wherever but don't overlook it. We have plenty to pray about.

- Pray together before you go home.
- Take requests, email them to the group, ask them to pray this week.