

Digital Christians

Uncomplicating the Complicated – Matthew 11:28-30

Discussion Points

November 15, 2020

Read/Reflect

1. Read Matthew 11:28-30 quietly. Then read it aloud, noticing a word or phrase that stands out for you. Take a moment to reflect on that word or phrase and how it applies in your life right now.
2. What connections can you make between your use of digital devices and this passage?

Explore

3. Living in a computerized age, with what burdens do you identify in your own life?
 - More connection, greater loneliness
 - More productivity, higher stress
 - More leisure, less rest
 - More opportunity, more complexity
4. What does it mean to put on Jesus' yoke for how you think of discipleship (i.e. following Jesus)?
 - I have to do all the right things (just another burden).
 - There are no demands to following Jesus (he said it was easy).
 - My righteousness comes from the person of Jesus (discipleship = relationship).
 - Jesus' gentleness and humility are incentive for me to live like him (becoming more righteous).
5. In what ways do your devices help you in being a servant to all? And in what ways do your devices hinder a servant heart?
6. What practices help you to "be a slave to Christ" rather than a slave to your devices?
 - I stay intentional about my screen time. (How?)
 - I take time to focus/meditate/rest on God (when?)
 - I take a sabbath from my devices (in what way?)
 - I simplify my life in the following way(s). . .

Pray

- ✝ *Pray for a servant heart in your use of devices and social media.*
- ✝ *Pray for clear vision on what it means to be really alive in Jesus.*
- ✝ *Pray that in your use of technology you reflect the values of a disciple of Jesus who finds rest in him rather than in the distractions that online activity offers.*

