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MESSAGE APPLICATION Guide

Start with an icebreaker question to get everyone talking, then choose the questions that work best for your group.

Swimming Upstream Week 4 - Presence

ICE-BREAKER:

How have you seen technology interfere with personal relationships and happiness? Is this an issue for others only, or do you sometimes struggle with being present personally?

READ: *"Don't become so well-adjusted to your culture that you fit into it without even thinking."* - Romans 12:2b (The Message)

DISCUSS:

How has the evolution of technology impacted the quality of relationships in your life?

What are some specific things we can do to master our tendencies and/or habits to be distracted by our smart phones or other technology, in order to be more present?

READ: *The Lord said to her, "My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."* - **Luke 10:41-42 (NLT2)**

Jesus was reminding Martha that what's on the stove is not more important than who's in the house. What are some practical things we can do to learn to focus on those around us rather than our devices?

Take a moment to personally evaluate why you reach for your phone. Share your thoughts. Brainstorm some ideas for how you could replace this habit.

APPLY:

Are you willing to occasionally power down your devices? If so, explain to the group how you intend to do it, and when you will start.

What are some specific things you can do this week to clearly communicate that the people in front of you matter to you?

What has been the most meaningful part of the Swimming Upstream series for you personally?