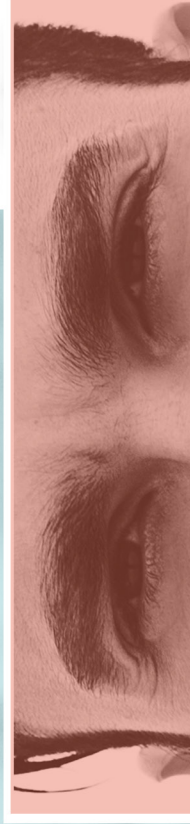


4 WEEKS



ME MY SELFIE AND I





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TABLE OF CONTENTS

WEEK 1	Contentment.....	4
WEEK 2	Relationships.....	6
WEEK 3	Authenticity.....	8
WEEK 4	Rest.....	10



Additional Resources

(Be More Mindful With Your Phone).....13

Top 10 Tips for Leading a Small Group.....14

Group Agreement.....15

CONTENTMENT

week 1



SMALL GROUP STUDY

Kicking it off:

Share the most ridiculous selfie you've seen recently.

Big Idea:

Social media is one of the biggest driving causes of discontentment because we're comparing our behind-the-scenes with other people's highlight reels. Through Christ's strength we can kill comparisons and cultivate gratitude.

Key Scriptures:

Philippians 4:12-13

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through [Christ] who gives me strength."

2 Corinthians 10:12

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

James 3:14-16

"But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice."

Proverbs 15:15

"For the despondent, every day brings trouble; for the happy heart, life is a continual feast."

Ecclesiastes 6:9

“Enjoy what you have rather than desiring what you don’t have...”

Discussion:

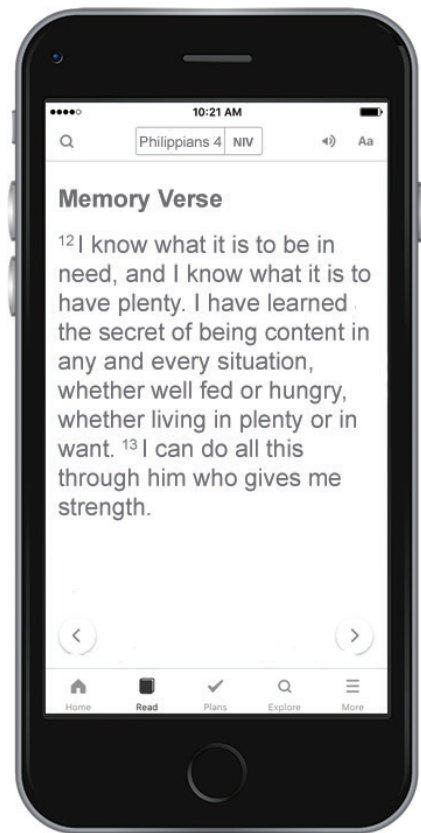
1. On a scale of 1-10 (1=not at all, 10=completely) how satisfied are you with your life? Why did you choose that number? What would it take to move that number up?
2. Read Philippians 4:12-13. In what areas of your life do you feel most content? Why is that?
3. In what area do you feel least content? Why do you think that is? What can you do about that to change it?
4. Is there anyone or anything on social media with which you engage that contributes to your discontent? What would taking a break from that connection look like for you?
5. Read 2 Corinthians 10:12. What are some differences between comparing yourself to God’s standard and comparing yourself to the world’s standard?
6. Read James 3:14-16. What are some specific sources of envy you need to block from your life?
7. Read Proverbs 15:15 and Ecclesiastes 6:9. Go around the circle quickly sharing things

you’re grateful for. See how long you can go before getting stuck.

8. Paul shares his secret to contentment in Philippians 4:12- 13. Talk about what living through Christ’s strength looks like in daily life.

Wrapping It Up:

How will you cultivate gratitude through Christ’s strength this week? Specifically, what do you commit to do? Pray together for each person to be able to carry out their commitment.





SMALL GROUP STUDY

Kicking it off:

Start your time by placing everyone's phones in the middle of the room. Talk about any anxiety or compulsions you experience being untethered to your device.

Big Idea:

Technology is negatively impacting relationships in that:

- the term friend is evolving
- we're becoming addicted to immediate affirmation
- we have the power to do friendship on our own terms

Key Scriptures:

John 13:34-35

"A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Hebrews

10:24-25

"Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another..."

Romans 12:9-10, 13

"Don't just pretend to love others. Really love them... Love each other with genuine affection, and take delight in honoring each other. When God's people are in need, be ready to help them..."

1 Peter 4:8

"Most important of all, continue to show deep love for each other..."

1 John 3:18

"Dear children, let's not merely say that we love each other; let us show the truth by our actions."

Discussion:

Read the above Scriptures together then discuss the following:

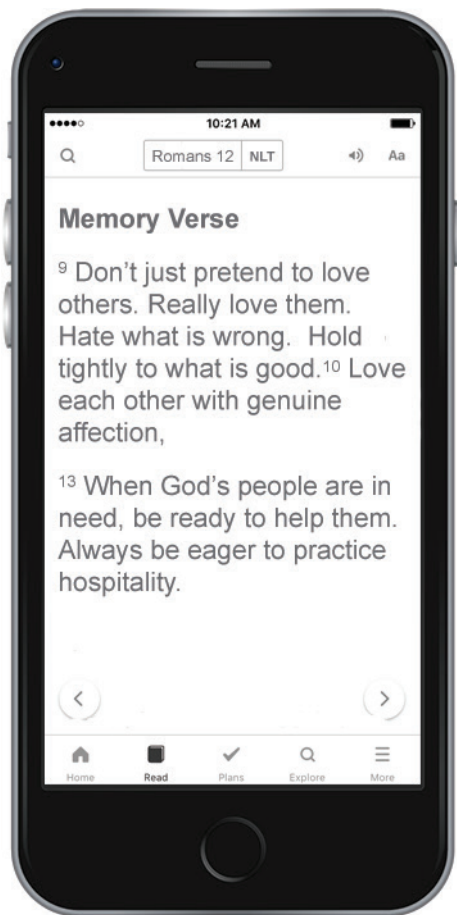
1. What's the dumbest thing you're into online? From Pinterest to World of Warcraft, what's your biggest technology distraction?
2. What does the word "friend" mean to you? What are the different ways you use that term?
3. In what ways might technology change how you connect here in your Life Group relationships?
4. Share a time when you got a text or saw a post that was exactly what you needed at that moment. How can you do a better job of using technology to engage with others?
5. Read Hebrews 10: 24-25. How have you used technology to connect to someone in a positive, meaningful way?
6. What are some signs that you may be addicted to immediate affirmation? What steps might you take to curb that need?
7. Read John 13:34-35. Would your online friends know you're a disciple of Christ like

John 13:35 describes? How can you show who Christ is to you besides just giving Jesus a shout-out in your profile?

8. Who do you need to "really love" this week? How will you live out what Romans 12:9-13 and John 13:34 describe?

Wrapping It Up:

What or with whom will you practice the power of presence this week?





SMALL GROUP STUDY

Kicking it off:

Scroll through the things you've posted online recently. Share the real story that was going on that might not show in the carefully crafted photo or post.

Big Idea:

The more filtered our lives become, the more we show others the "me" we want them to see, the more difficult it is to be authentic.

Key Scriptures:

2 Corinthians 3:13-18

"We are not like Moses, who would put a veil over his face to prevent the Israelites from seeing the end of what was passing away. But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. Even to this day when Moses is read, a veil covers their hearts. But whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."

Discussion:

Read the above Scripture then discuss the following:

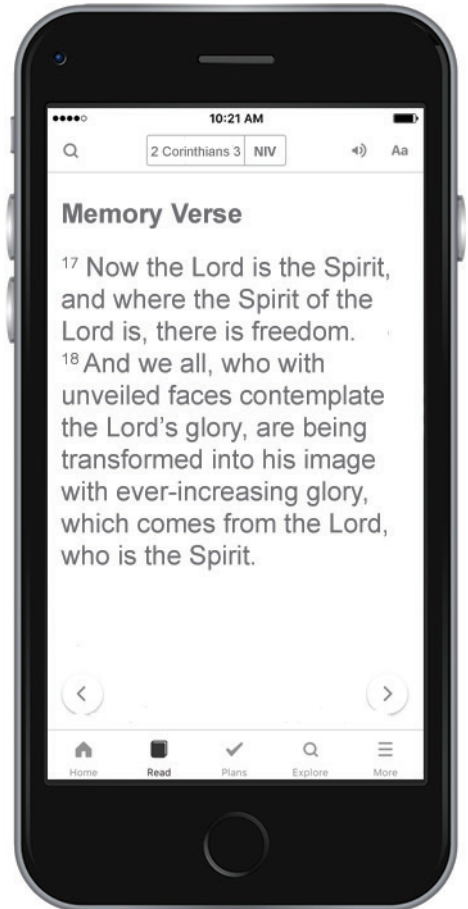
1. These passages speak of having veiled faces or lives. Share a time when you worked to create a perfect social media moment instead of just engaging in the situation. Or, if you're not on social media, share a time you've painted

yourself in the best light when sharing something with someone else.

2. What veil are you tempted to wear at times? What are some situations where you find yourself showing “the me I want you to see”?
3. Who are the people who get to see the real you? What fears do you have in letting everyone see the real you?
4. What efforts do you take to pre-plan conversations? How do these filtered communications affect your ability to have authentic friendships in other settings?
5. Do you see any area of your life where you are starting to fear or avoid unfiltered communication?
6. What does Christ need to do in you to help you to live a filter-free life?
7. What can our group do to be open, real, and authentic with each other? What would it take for us to really remove all filters between us?

Wrapping It Up:

What step can you take to challenge yourself to be authentic this week? If all of your ideas are within social media and not in real life, what will you do to challenge yourself to open up in person and live a #nofilter life?





SMALL GROUP STUDY

Kicking it off:

Take a quick survey within your group and see how you compare to the following statistics:

- 58% of people don't go one waking hour without checking their phone
- 59% of people check email as it comes in and 89% check it daily on vacation
- 80% of teenagers sleep with their phones
- 84% of people believe they couldn't go one day without their phones

Big Idea:

Social media is robbing many of authentic rest.

Key

Scriptures:

1 Corinthians 6:12

"...I have the right to do anything"—but I will not be mastered by anything."

Hebrews 4:9-11

"So there is a special rest still waiting for the people of God. For all who have entered into God's rest have rested from their labors, just as God did after creating the world. So let us do our best to enter that rest..."

Matthew 11:28-29

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Psalm 46:10

"Be still, and know that I am God..."

Psalm 131:2

"But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me."

Proverbs 13:16

"A wise man thinks ahead; a fool doesn't and even brags about it."

Jeremiah 6:16

"This is what the Lord says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls..."

Discussion:

Read the above Scriptures and quote and discuss the following:

1. By show of hands: Who looks at social media first thing every morning? Last thing of the day? While you're driving? Posts from the bathroom?
2. Describe your love/hate relationship with technology in a few phrases.
3. What are some signs that technology may be your master?
4. How has the amount of time you spend staring at your phone or computer affected

your relationships with the people around you in real life?

5. How much time do you think is healthy for you to spend on your phone daily?
6. How would you feel if you skipped all online media for a day? A week? A year?
7. Read Hebrews 4:9-11 and Jeremiah 6:16. What are some signs that you aren't experiencing the kind of rest God wants you to?
8. Read Psalm 46:10. Is "stillness" even something you want? What would you give up to get it? Why might you avoid being still?
9. Aside from social media, what things in your life are keeping you from obeying God and finding rest in Him?
10. What actions will you take to seek true rest from Christ and to get rest for your soul?

Wrapping It Up:

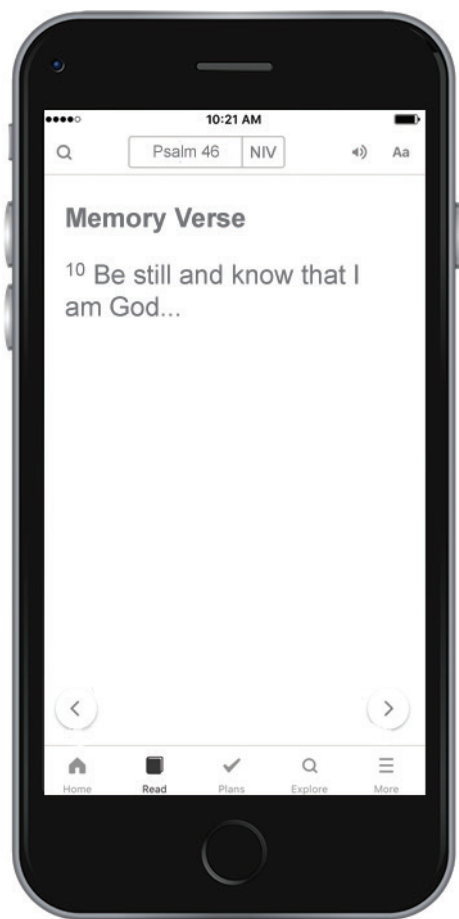
What is a good defensive plan for you prevent an addiction to technology? What is a good offensive plan to seek God first in your life? Record that on the next page:

Your Defensive Plan

- 1)
- 2)
- 3)

Your Offensive Plan

- 1)
- 2)
- 3)



You have
made
us for
yourself,
O Lord,
and our
soul is
restless
until it
finds rest
in you.

-St. Augustine

10 WAYS TO BE MORE MINDFUL WITH YOUR PHONE THIS YEAR

1

NO SCROLL POLICY

Instead of passively scrolling through social media posts, decide to engage with the content. Like. Comment. Encourage.

2

UTILIZE AIRPLANE MODE

Throughout the workday, it's tempting to log onto social media but it often kills productivity and causes you to be unfocused. Pick a time to consistently put your phone on airplane mode.

3

SOCIAL MEDIA-FREE MONDAY

Having a day to detox from social media can greatly improve your mood and push you towards a more productive week.

4

UNFOLLOW

There's an unfollow button for a reason. Don't be afraid to use it. Clean up your feed to inspire growth instead of comparison.

5

USE A REAL ALARM CLOCK

No temptation to be on it first thing in the morning, or last thing before you go to sleep.

6

ENCOURAGE THE ONE

The point of social media was always for connecting with others. Sending one small

note a day will change someone's day and change your perspective on how powerful social media can be!

STORY-FREE WEEKENDS

Be a participant in your own story by making a no-view policy on those other stories throughout the weekend (or other days that work for you).

NO SCREENS BEFORE/ AFTER 10AM/PM

Setting boundaries is a powerful way to take control of how you use social media.

USE "MOMENT" FOR A MONTH

Download the app "Moment." It will monitor your screen habits and tell you how much time you spend in different apps and how often you pick up your phone.

DOCUMENT THE REAL STUFF

Don't be afraid to use your social media streams to be honest. People appreciate honesty and love to see the work-in-progress.

7

8

9

10

Top 10 Tips for Leading a Small Group

1. Establish a welcoming, accepting, and safe environment.
 - Take time to prepare.
 - Make sure to give a warm enthusiastic greeting to each person.
 - Verbally communicate the environment that you hope to create.
 - Ephesians 4:1-3
2. On the opening night of your group you need to have some intentional discussions centered around these questions:
 - What is the purpose of our group?
 - What is the vision for our group?
 - What are your expectations?
 - What do you hope to gain from this group experience?
 - What are some things we value as a group?
 - What are some healthy guidelines we need to have in place?Review and sign a group agreement.
3. Be authentic. Spend time sharing your life stories in order to get to know each other on a deeper level.
4. Find a good balance between:
 - Truth and grace/Bible study and life
 - Encouraging and challenging one another
 - Giving and receiving feedback from each other
5. Ask good questions to stimulate good discussion. Use open ended questions and follow up questions.
6. Hang out together, do things socially, eat together and have fun together!
7. Develop a missional lifestyle, find a service project to do together in the community.
8. Raise up new leadership by rotating facilitation of the group.
9. Share the responsibilities in order to increase individual commitment and ownership of the group.
10. Pray for your group and for each other!

Find ways to celebrate what God is doing in your group! Who else could you invite to join you in order that their life may be impacted by what God is doing in your group?

Group Agreement

OUR PURPOSE

To transform our spiritual lives by cultivating our spiritual health in a healthy small group community. In addition, we: _____

OUR VALUES

Group Attendance: To give priority to the group meeting. We will call or email if we will be late or absent.

Safe Environment: To help create a safe place where people can be heard and feel loved. (Please, no quick answers, snap judgments, or simple fixes.)

Respect Differences: To be gentle and gracious to people with different spiritual maturity, personal opinions, temperaments, or imperfections. We are all works in progress.

Confidentiality: To keep anything that is shared strictly confidential and within the group, and to avoid sharing improper information about those outside the group.

Encouragement for Growth: To be not just takers but givers of life. We want to spiritually multiply our life by serving others with our God-given gifts.

Welcome for Newcomers: To keep an open chair and share Jesus' dream of finding a shepherd for every sheep.

Shared Ownership: To remember that every member is a minister and to ensure that each attender will share a small team role or responsibility over time.

Rotating Hosts/Leaders and Homes: To encourage different people to host the group in their homes, and to rotate the responsibility of facilitating each meeting.

OUR EXPECTATIONS

- Refreshments/mealtimes _____
 - Childcare _____
 - When we will meet (day of week) _____
 - Where we will meet (place) _____
 - We will begin at (time) _____ and end at _____
 - We will do our best to have some or all of us attend a worship service together.
 - Our primary worship service time will be _____
 - Date of this agreement _____
 - Date we will review this agreement again _____
 - Who (other than the leader) will review this agreement at the end of this study _____
-



SALE



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