


HILLSIDE STUDENTS


Guard Your Heart | Technology


CONNECT

 Set out snacks! Add new students to the groups app! Take Attendance!

 Play **Pterodactyl!** Students get in a circle and go around the circle trying to say "pterodactyl" without showing their teeth (putting lips over teeth like a person without their dentures in). Students may switch the direction of the game by looking at the next person and doing their best pterodactyl impression (maaach!), again without showing teeth/smiling. Those who laugh or smile are out!

WATCH

 **Set up Discussion:** Technology has become an integrated part of our lives. Many of us scroll on our phones, use computers to learn at school, and binge watch TV. If our goal as Christians is to become more like Christ, where does technology fit into living a life for Him?

 **Pre-Video Question:** Have your group answer one or both questions below!

- What would be the best flavor for a toothpaste no one has invented yet?
- If you could replace all the grass in the world with something else, what would it be?

Split up into smaller groups and navigate the discussion below:

READ + DISCUSS

- What stood out to you from the video?
- **Read Luke 6:45.** Why does the content you consume and the way you use technology matter?
- **Read Romans 12:2.** How have you seen technology affect your thoughts and emotions? How have you seen technology change your habits and behaviors?
- **Read Proverbs 4:23.** What are some current guardrails you have for yourself when it comes to technology? And what are some guardrails you need to set?
- What would it look like to use technology in a way that glorifies God?
- **Challenge:** Think of 2 specific next steps you can take to guard your heart and put them into practice this week. (Encourage students to share with someone like an adult or their leader to them keep them accountable.)

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Technology is undeniably a huge part of our culture today. It impacts every aspect of our lives - from the way we communicate with those around us to how we view our identity. The content we consume through our technology - whether through social media, TV shows, or music - fills our hearts. We are affected by the things we allow into our lives, and technology provides us with access to more of the world than ever before.

As Christians, we are called to live in this world but not be of it. We must learn how to use our technology in a way that glorifies God. Jesus, while praying to the Father, said "My prayer is not that you take them out of the world but that you protect them from the evil one."¹⁶ They are not of the world, even as I am not of it." (John 17:15-16)

One thing we can do to guard our hearts is to set guardrails for how we use technology, the content we consume, and the amount of time we spend allowing ourselves to be influenced by the world.

Leaders, share how you have seen content affect your heart. Think about some guardrails you have set for yourself regarding technology, and encourage them to find healthy ways to protect their hearts.

Read Luke 6:45 *"A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."*

Read Proverbs 4:23 *"Above all else, guard your heart, for everything you do flows from it."*

Romans 12:2 *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*