



Liking Jesus Viewer Guide Session 5: Replenishing Rest

Group Discussion

Take time to talk about what you just watched.

1. What part of the teaching had the most impact on you?

Fear and Fatigue

2. Craig described how many people experience nomophobia, which is a fear of being separated from mobile devices.

- Describe the range of things you're afraid might happen if you are separated from your device. What are the small things and what is the worst-case scenario?

- What is the worst thing that has actually happened as a result of being separated from your device?

3. Mobile technology is a powerful tool that puts the world at our fingertips. It gives us instant access to knowledge, makes us powerful in ways unknown to previous generations, and enables us to be virtually present almost anywhere in the world without ever leaving home. To a degree, our devices allow us to feel omniscient, omnipotent, and omnipresent — the three attributes uniquely characteristic of God alone. God is:

Omniscient, which means all-knowing. God knows the past, the present, and the future. Nothing takes God by surprise.

Omnipotent, which means all-powerful. God is not subject to limitations in the natural or supernatural world.

Omnipresent, which means all-present. God is everywhere, at the same time, always.

- Which of the three attributes comes closest to describing the way you rely on your phone most? For example, "I want to be omnipresent. I rely on my phone most to help me be multiple places at the same time."
- In what ways does your device give you the illusion of feeling powerful or in control when it comes to the fears you identified in question 2? For example, "If I'm reachable, I can prevent my child from being harmed," or "If I stay current, I'll never miss out or be caught off guard."
- How does this idea that our devices give us the illusion of godlike control explain why they might also leave us with soul fatigue?

Be Still

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4. Craig described how we can begin to give our souls rest when we learn to be still in God's presence. With the psalmist, we receive the Lord's invitation to, "Be still, and know that I am God" (Psalm 46:10). One of the ways we can learn to be still is to practice the spiritual discipline of silence. Author and pastor Adele Calhoun writes:

The discipline of silence invites us to leave behind the competing demands of our outer world for time alone with Jesus. Silence offers a way of paying attention to the Spirit of God and what he brings to the surface of our souls. . . Silence is a time to rest in God. Lean into God, trusting that being with him in silence will loosen your rootedness in the world and plant you by streams of living water.

What's your response to this kind of silent resting in God? Is it something you feel resistant to or something that you feel drawn to? Share the reasons for your response.

5. Take a few moments to discuss what you've learned and experienced together throughout the *Liking Jesus* study.
 - What would you say is the most important thing you learned or experienced? How has it impacted you? For example: in what ways, if any, has it changed how you view or use technology and social media?
 - How did your experience of being separated from your phone during group time change over the course of the study? For example: did you find it easier to let it go from one week to the next?
 - How else have you recognized God at work in your life through the study?
 - How have you recognized God's work among you in the group?