

Digital Hygiene - Week 2

Be Still and Know that God is God - Ben Foote

July 3rd, 2022

Group Creed

We come together as a Group with the goal of Spiritual Formation--encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

// Bible References

Mark 1:32-39, Luke 5:15-16, Jeremiah 29:11, Psalm 46:10

// Message Summary

This week, Ben takes a look at how Jesus structured his life in order to have peace in his life, even among such a hectic and busy season of his ministry. It can be hard at times to draw a connection with how Jesus lived his life when the world and culture we live in are so different. The access to technology and media have transformed how easily we can access literally everything. However, even among a different culture, the goal of our lives is no different than it was for Jesus. We see in Jesus' life that he found peace by prioritizing time with God, no matter how busy he was, no matter what might be distracting him. Prayer gave Jesus the margin in his life to connect with God in a way that gave him complete, true peace. In turn, Jesus was able to give peace because he had peace. Ben does a fantastic job of challenging how we can pursue that same peace, and what the benefits to our lives will be when we find it.

// Biblical and Historical Context

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done. Was God so exhausted from the act of creation that He needed to lay down for a day? No. He recognized the importance of creating a cycle of rest and renewal. In talking about the Sabbath, Jesus told the Pharisees that "The Sabbath was made for man, not man for the Sabbath" (Mark 2:27). The Sabbath was instituted for our benefit. He modeled the importance of rest and instructed us to make it part of our weekly rhythm which can be seen all throughout the life of Jesus.

// Community Questions

Ben talked this week about his personal struggle to distract himself with media and technology when he has downtime. As it relates to media and technology, do you feel like you have a healthy balance in your own life? Why or why not?

// Discussion Questions

1. Together, read Mark 1:29-39. What stands out to you about this passage?
2. In verse 39, we see that Jesus started his day in prayer. Similarly, Ben shared a quote from Martin Luther - "I have so much to do that I shall spend the first three hours in prayer." This might seem over the top, but how do you think your *daily* life might be impacted if you created more intentional time to connect with God?
3. Ben stated that "Distraction is the most common enemy of peace." How have you seen this true in your own life? What would it look like to have peace in your own life?
4. Psalm 46:10 says, "Be still, and know that I am God." What is a tangible action step that you need to take in order to be still?
5. Jesus spent intentional time with God so that he would have peace, and in turn be able to give peace (John 14). When you achieve more peace in your life, how can you honor God with this new margin in your life?

// Challenge

Pastor Ben challenged us to do a couple things to start creating more peace in our lives:

1. Every day, schedule 30 minutes of "no tech" time.
2. Spend that time being still and connecting with God.
3. (If you feel stuck during this time, read Psalm 46)