

Sunday, November 2

12:00



Do Not Disturb



Limiting the influence of screens on our souls



STUDY GUIDE

Start Here

Watch the Week 1 video before completing the Screen Influence Assessment on page 3.



Screen Influence Assessment

Take a few moments to go through this assessment on your own. Be honest with yourself. The goal of this assessment is to understand how our phones are influencing and shaping us. We will use the results as a guide to help us discover how we can limit the influence of screens on our souls. We want to be formed by Jesus, not by our screens.

1) Your Usage Snapshot

Pull real data before you reflect.

iPhone (iOS)

1. Open **Settings** → **Screen Time** (turn it on if needed).
2. Tap **See All Activity** → switch to **Week** view.
3. Note: **Daily Average, Top Apps, Pickups, Notifications.**

Android

1. Open **Settings** → **Digital Wellbeing & Parental Controls.**
2. Open **Dashboard** → switch to **Week** view if available.
3. Note: **Daily Average, Top Apps, Unlocks/Pickups, Notifications.**

Fill this in:

- Daily average screen time (last 7 days): _____
- Top 3 apps by time: 1) _____
2) _____
3) _____
- Pickups/unlocks per day: _____
- Notifications per day: _____

What **surprised** you in this data?

Where might a **small boundary** make a big difference?

2) How Our Screens Shape Us

(Presence · Belonging · Patience · Wisdom)

Instructions: Circle one number for each statement.

1 = Never 2 = Rarely 3 = Sometimes 4 = Often 5 = Very Often

A. Presence

1. I check my phone within 5 minutes of waking. 1 2 3 4 5
2. I often feel the urge to “just check”, even without a notification. 1 2 3 4 5
3. In conversations, a buzz or banner easily steals my attention. 1 2 3 4 5
4. My phone is within arm’s reach most of my day. 1 2 3 4 5
5. I default to my phone when I have 30–90 seconds of downtime. 1 2 3 4 5
6. I lose track of time while scrolling. 1 2 3 4 5

Presence score (average score of 1–6): _____

B. Belonging

1. I post or share mainly to feel seen, included, or approved. 1 2 3 4 5
2. I check likes/views/streaks to feel okay about myself. 1 2 3 4 5
3. If a post “underperforms,” I feel discouraged or anxious. 1 2 3 4 5
4. I compare my life or body to what I see online. 1 2 3 4 5
5. I substitute online engagement for vulnerable in person connection. 1 2 3 4 5
6. I rely on approval from others to feel accepted and loved. 1 2 3 4 5

Belonging score (average score of 1–6): _____

C. Patience

1. I make impulse purchases or add to carts to feel better. 1 2 3 4 5
2. Waiting (shipping, results, growth) quickly frustrates me. 1 2 3 4 5
3. I get frustrated when my phone doesn’t work fast enough. 1 2 3 4 5
4. I prefer headlines and recap videos over full articles. 1 2 3 4 5
5. If a new habit doesn’t “work” fast, I quit. 1 2 3 4 5
6. I feel uneasy when my phone isn’t accessible. 1 2 3 4 5

Patience score (average score of 1–6): _____

D. Wisdom

1. My feed shapes my beliefs more than Scripture and wise counsel. 1 2 3 4 5
2. I rarely question the sources behind what I watch/read. 1 2 3 4 5
3. I let the algorithm decide what I consume next. 1 2 3 4 5
4. I spend more time with online voices than in prayer/Scripture. 1 2 3 4 5
5. What I watch/listen to often leaves me agitated, cynical, or fearful. 1 2 3 4 5
6. I go days without unhurried time for God to renew my mind. 1 2 3 4 5

Wisdom score (average score of 1–6): _____

3) Voices Audit - Who is shaping you?

What people, organizations, or news sources do you follow, watch, and listen to?

Voice/Source	Type <i>(person, org, news, creator, podcast, etc.)</i>	Average Hrs/Wk	Why I Listen
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Phones are incredible tools—but they're also relentless companions.

Buzz. Ping. Scroll. Repeat.

Screens demand our attention and our affection – shaping the way we think and feel.

We want to be formed by Jesus, not by our screens. That's why we're switching on Do Not Disturb mode. To redeem our screens and renew our souls.

Week 1 - Pop Up Notifications



Distracted

When Screens Shape Us:

Phones distract us from the meaningful with the meaningless.



Present

What Jesus Shows Us:

God draws near when we make space—Jesus models an undistracted life that chooses presence over noise.



Status Update

1. What did you learn about yourself from the Screen Influence Assessment?
2. How can ancient Scriptures speak to the challenges of modern technology?

Pinned Post



**Be still, and know
that I am God; I will
be exalted among
the nations, I will be
exalted in the earth.**

- Psalm 46:10

Comments Section

What makes “be still” hardest for you right now?

What shifts in you when you remember who God is and who God isn’t?

Featured Story

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about **many things**, but few things are needed—or indeed **only one**. Mary has chosen what is better, and it will not be taken away from her.

- Luke 10:38–42



Group Chat

Share a time you felt truly present with God or another person. What made that possible?

How do your phone habits affect your relationship with God?

Phones can bring people together over a distance, but can also create disconnection in person. Do you find that phones tend to strengthen or strain your relationships?

Do you use any notification settings or screen time boundaries to limit your phone's ability to distract you?

What advice or guidance do you think Jesus would give us about our phone habits today?

From Luke 10, what is your current "one thing" you need to be fully present to, and what "many things" are distracting you from it?

How will you limit or eliminate some of your "many things" this week in order to be more present to the "one thing"?



Enabling Focus Mode

Our phones create strong habits that influence us every day. Select one Focus Mode habit to put into practice this week to limit your phone's impact on your soul. You'll check in with your group or partner next week about how it went.



Phone Audit: Turn off all non-essential notifications for seven days. Delete or block any distracting, non-essential apps. At the end of the week, consider which ones you want to add back.



Presence Ritual: During all your face-to-face conversations this week, activate Do Not Disturb mode by placing your phone out of sight for the duration of the conversation.



Call Connected

Have each member of the group share one place, situation, or relationship where they want to be fully present this week. Pray for God's help to stay present and avoid distraction.



Redeem the Screen

Lectio 365 app: Start morning/evening rhythms of prayer to encourage unhurried attentiveness to God.

Manage Your Family Plan



Table Tech Basket:

During meals, everyone places their devices in a designated basket. Share one "gratitude" and one "high/low" each.



Family Prayer Chain:

Do a family "prayer request check-in." This can be in-person or through a group chat. Have each family member share one prayer request every week, then pray for each other.

Notes App

Pick a time of day you would typically spend scrolling on your phone and spend 15 minutes reflecting on the questions below instead.

- Where did I notice God's presence today? What competed for my attention?

Build A Streak

Bible Readings:

- | | |
|----------------------|--------------------|
| ➤ Psalm 46:1–11 | ➤ 1 Kings 19:3–13 |
| ➤ Mark 1:35–39 | ➤ Matthew 11:25–30 |
| ➤ Philippians 2:1–11 | ➤ John 15:1–17 |
| ➤ Psalm 131 | |

Week 2 - Like & Comment



Lonely

When Screens Shape Us:

Phones offer imitation love and acceptance that leave us feeling unknown and unloved.



Accepted

What Jesus Shows Us:

In a world chasing likes, Jesus offers the deeper belonging of being fully known and fully loved.



Status Update

1. What Focus Mode habit did you try last week? How did it go? What did you learn?
2. Do you post on any social media platforms? If so, what types of pictures or content do you tend to post?

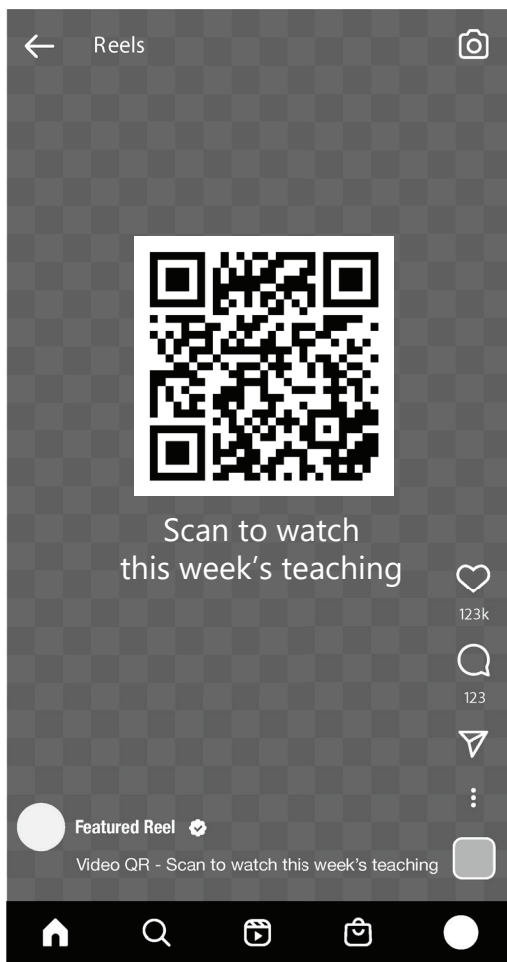
Pinned Post

And I pray that you, being rooted and established in love, may have power, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge.
- Ephesians 3:16-19

Comments Section

What part of Paul's prayer do you need to hear most: to be rooted, to grasp, or to know?

How might understanding Christ's love for us affect our need for approval from others?



Featured Story

You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways. Before a word is on my tongue you, Lord, know it completely. You hem me in behind and before, and you lay your hand upon me. Such knowledge is too wonderful for me, too lofty for me to attain. ... For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

- Psalm 139:1-6, 13-14



Group Chat

If you post on social media, what typically motivates you to post something?

Social media promises us connection, but it often leaves us feeling lonely and inadequate. What does it lack that real relationships provide?

In what ways does social media prevent us from being genuinely and fully known?

What would it look like to 'like' and 'comment' in real life? Why is this more meaningful than doing it through social media?

What line or phrase from Psalm 139 stands out to you today? Why?

How does God's intimate knowledge of you bring comfort...or discomfort?

Describe a relationship where you feel fully known and fully loved. How is this relationship different than others?

How can we receive love in relationships rather than chase approval?



Enabling Focus Mode

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Comment IRL: Instead of commenting via social media, reach out to the person with a call, text, or in-person visit and comment on their post or life event in real life.



Post to People: Take one picture or thought you would typically post on social media and share with a friend directly. Connect personally about the life event instead of digitally.



Call Connected

As a group, pray Paul's words from Ephesians 3:17–19 for one another.

I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

Amen.



Redeem the Screen

• **Holsom: Conversation Starters app:** Unlock meaningful conversation and build deeper relationships with those you love.

Manage Your Family Plan



Affirmation Night

Each family member names one God-given strength or gift they see in each person and writes it on a sticky note with a short "because..." sentence. After sharing, give the notes to the person so they can post them somewhere to revisit all week.



Fully Known, Fully Loved

Gather together as a family or with a friend and respond to the following prompts:

- A recent win I'm proud of (big or small) is...
- One worry I'm carrying right now is...
- One thing that happened this week I haven't told you about yet is...
- I feel most loved when...

Notes App

Pick a time of day you would typically spend on your phone and spend 15 minutes reflecting on the questions below instead.

- When did I feel most known this week? What helped me receive love?

Build A Streak

Bible Readings:

- | | |
|-------------------|-------------------|
| ➤ Ephesians 1:3–6 | ➤ 1 John 3:1–3 |
| ➤ John 15:9–17 | ➤ Galatians 4:4–7 |
| ➤ Psalm 139 | ➤ Luke 15:1–7 |
| ➤ Romans 8:31–39 | |

Week 3 - Buy in 1-Click



Discontentment



Patience

When Screens Shape Us:

Phones condition us to expect immediate approval, gratification, and results—eroding patience and perseverance.

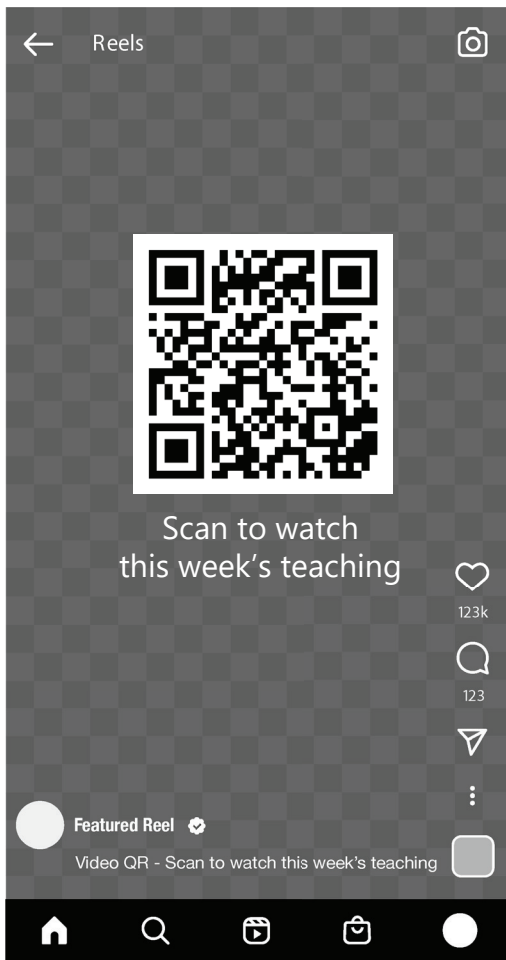
What Jesus Shows Us:

Jesus grows lasting fruit through patient, faithful practices—not instant gratification.

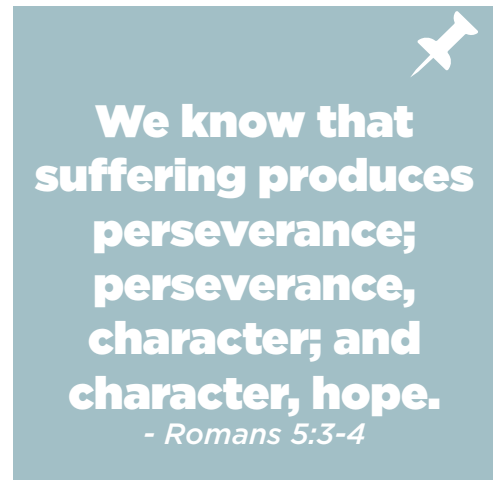


Status Update

1. What Focus Mode habit did you try last week? How did it go? What did you learn?
2. Name one way your phone has made things faster and easier. What do you gain? What do you lose?



Pinned Post



Comments Section

How does perseverance produce character? How have you experienced this personally?

What shortcuts (comforts, escapes, screens) tend to interrupt this formation cycle? How so?

Featured Story

Endure hardship as discipline; God is treating you as His children. For what children are not disciplined by their father? If you are not disciplined—and everyone undergoes discipline—then you are not legitimate, not true sons and daughters at all. Moreover, we have all had human fathers who disciplined us and we respected them for it. How much more should we submit to the Father of spirits and live! They disciplined us for a little while as they thought best; but God disciplines us for our good, in order that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

- *Hebrews 12:7–11*



Group Chat

How does God lovingly discipline us?

Share a time when waiting and perseverance produced growth or change in you. How long did it take?

Do you think phones have reduced our ability to practice delayed gratification? Why or why not?

How do our phones increase discontentment?

Is there an area of your life where you are feeling impatient with God right now?

"Hard now, easy later / Easy now, hard later": how have you experienced this to be true?

What is one "wait well" step you can take this week?



Enabling Focus Mode

Our phones create strong habits that influence us every day. Select one Focus Mode habit to put into practice this week to limit your phone's impact on your soul. You'll check in with your group or partner next week about how it went.



Sabbath from Shopping:

Go the whole week without online browsing or buying.

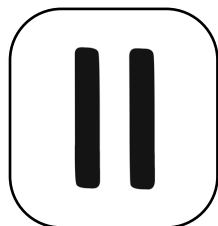


Gratitude Inventory: Fight against discontent with gratitude. Each evening, instead of scrolling, open your Notes App and list three specific gifts from God you already have.



Call Connected

Have each member of the group share one situation where they need to practice discipline and patience this week. Pray for God's help to be patient and wait well.



Redeem the Screen

• **One Minute Pause app:** Grow patience and discipline by pausing twice a day for worship and prayer.

Manage Your Family Plan



Unnecessary → Generosity:

As a family, pick one “unnecessary” purchase to skip this week and use the money saved to be generous. Together, choose a worthy cause to donate the money to.



Atomic Habits:

Practice patient perseverance as a family by sharing one long-term goal per person and posting it where everyone can see. Brainstorm small, achievable habits each person can focus on to work toward their goal.

Notes App

Pick a time of day you would typically spend on your phone and spend 15 minutes reflecting on the questions below instead.

- How can I wait well right now? What might God be teaching me in this situation?

Build A Streak 🔥

Bible Readings:

- | | |
|------------------------|-------------------|
| ➤ James 1:2-18 | ➤ Hebrews 12:1-13 |
| ➤ Romans 5:1-11 | ➤ Luke 18:1-15 |
| ➤ Psalm 140 | ➤ Psalm 27 |
| ➤ Lamentations 3:19-33 | |

Week 4 - The Algorithm



Conforming



Renewed

When Screens Shape Us:

We are shaped by the content we consume and the influencers we follow—for better or worse.

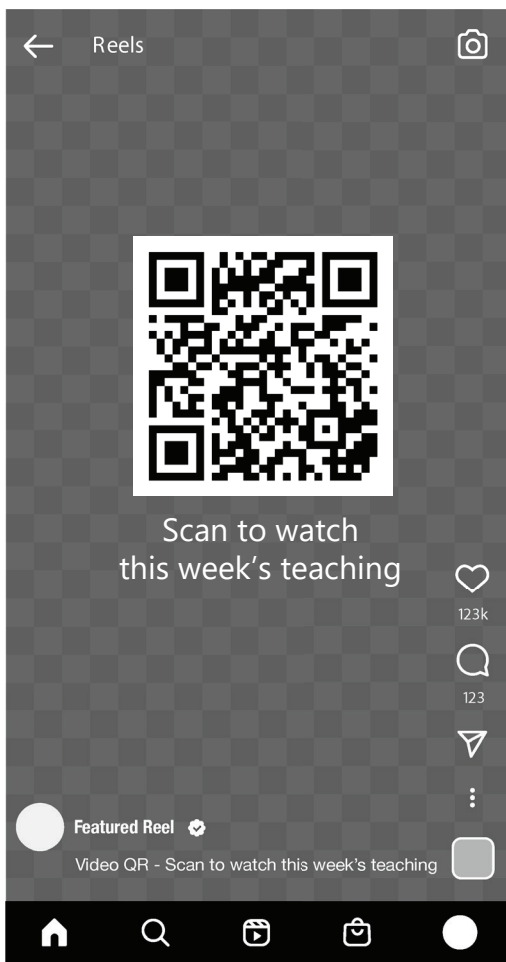
What Jesus Shows Us:

Culture invites us to conform to its norms; Jesus renews our minds so we discern truth and live wisely.

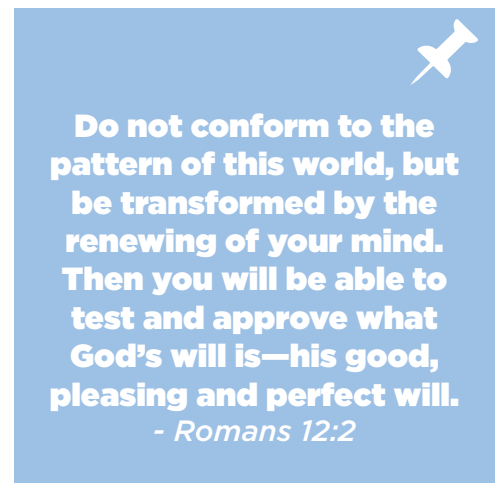


Status Update

1. What Focus Mode habit did you try last week? How did it go? What did you learn?
2. Review your Voices Audit from the Screen Influence Assessment. What voices are shaping and influencing you?



Pinned Post



Comments Section

What helps your mind be renewed—not just informed?

In what ways can we determine, or test, if our screens or the voices we listen to are helping renew our minds according to God's will, or if they are conforming us to the patterns of this world?

Featured Story

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory. Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator.

- *Colossians 3:1–10*



Group Chat

How much time do you think you spend listening to influencers or other voices online compared to the time you spend communicating with God through prayer and scripture?

Select one person or content source from your Voices Audit on page 5. How does this person/organization's message compare to the message of Jesus Christ?

Do you have Christ-like voices, social media accounts, or sources that you follow or listen to that renew your mind?

How do our screens keep us concerned with earthly things instead of focused on things above?

How could your phone become a tool for wisdom rather than conformity?

What helps you set your heart and mind "on things above"?

Who are your real life "influencers" for wisdom—and how can you spend more time learning from them?



Enabling Focus Mode

Our phones create strong habits that influence us every day. Select one Focus Mode habit to put into practice this week to limit your phone's impact on your soul. Still check in with your group or partner next week about how it went!



Romans 12:2 Filter: For one week, before consuming content ask: Will this renew my mind in Christ? If not, skip it.



Holy Home Screen: Put Scripture (*YouVersion Bible app widget or a scripture wallpaper*) on your home page.



Call Connected

Invite the Spirit to transform you by renewing your minds.

If someone is discerning or trying to make a big decision right now, pray for them to receive direction and wisdom from God.



Redeem the Screen

• **YouVersion app:** Stay in God's Word and read truth daily.

Manage Your Family Plan



Wisdom of the Room:

Put away the phones and turn off the TV for an evening. Each family member takes a turn to ask a question or present a tricky situation to the group. Then, go around and have each person share their personal wisdom and insight on the situation.



Voices Audit:

Share your Voices Audit with each other. Review the top voices influencing you and discern together whether these voices are renewing our minds to be more like Jesus or not.

Notes App

Pick a time of day you would typically spend on your phone and spend 15 minutes reflecting on the questions below instead.

- What voices most shaped me today? What fruit did they produce in my life?

Build A Streak

Bible Readings:

- | | |
|---------------------|--------------------|
| ➤ Romans 12:1-8 | ➤ 1 Kings 3:1-15 |
| ➤ Colossians 3:1-17 | ➤ Ephesians 5:8-20 |
| ➤ Psalm 1 | ➤ Proverbs 4:20-27 |
| ➤ Philippians 4:4-9 | |



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