

Real. Present. God. Created to Connect

SESSION 1: #UNFILTERED

Game

Which apps on your phone take up the most space in your life? Which characteristics on there really define who you are and play a big role in your identity? Share with the group if you are willing.

Which ones are positives and which ones are negative? Share with the group if willing.

Digging Deeper

Q: What are some ways we are able to create who we want to be?

Q: Recap in your own words what happened.

Q: Why did Isaac want to go against what God said and bless Esau instead of Jacob?

Q: When Rebekah heard that Isaac was going to go against God's will, what did she do? Was her deception justified?

Q: What did Jacob have to do in order to receive a blessing from his father?

Q: Did Jacob receive the blessing? Was his father proud at the moment? Do you think in a few verses when Esau finds out his blessing was taken that everyone will be happy?

There is a lot we can learn from Jacob, Esau and Isaac. Think about who you might relate to most in this account. Are you:

- Isaac: knowing the Lord's will but acting against it because you like the way you are going
- Rebekah: actively watching someone going against the will of God and trying to process how to get them back on track
- Esau: acting foolishly but living in the glory knowing you are well liked and received
- Jacob: living a humble life, but having to become someone else just in order to receive a blessing

Psalm 139:16

"Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them."

Q: Would you rather live out a story written for you by someone you are trying your hardest to please? Or would you rather live out the story that the greatest Author of all times has written for you?

John 8:1-11

Q: Recap in your own words what happened.

Q: Did the woman these people brought to Jesus sin? If so, what was her sin?

Q: They wanted to punish her for her sin. What were they wanting to do?



Real. Present. God. Created to Connect

Q: Did Jesus fall for their tricks and traps? What did He do instead?

Q: What does this mean for you?

Closing

- How can you push aside what others think and show your real and true self?
- How can you unfilter your social media life instead of filling it with your filtered life?
- Who can you ask to help keep you accountable?

Friends, I want you to engrain these truths on your heart: YOU are fearfully and wonderfully made. YOU have a unique story to live out. Jesus was real. You can be real. You can live #unfiltered.

PRAYER

Real. Present. God. Created to Connect

SESSION 2: #BROKEN

Activity

Q: What are some things you have painted on your flower pots and how does it describe you?

Q: What can we learn from this activity?

Digging Deeper

Luke 7:36-50

Q: Recap in your own words what happened.

Q: Why was it a big deal to the Pharisees that this woman came in and did what she did?

Q: Why is Jesus' parable about the money lenders important?

Q: Who do you identify more with: the Pharisees who are quick to judge or the woman who was full of sin and quick to repent?

Q: What were the gifts of this woman?

Q: Were her gifts apparent to everyone present?

Q: Did her brokenness and sin define her?

Isaiah 53:2-6

*“For he grew up before him like a young plant,
and like a root out of dry ground;
he had no form or majesty that we should look at him,
and no beauty that we should desire him.
He was despised and rejected by men,
a man of sorrows and acquainted with grief;
and as one from whom men hide their faces
he was despised, and we esteemed him not.
Surely he has borne our griefs
and carried our sorrows;
yet we esteemed him stricken,
smitten by God, and afflicted.
But he was pierced for our transgressions;
he was crushed for our iniquities;
upon him was the chastisement that brought us peace,
and with his wounds we are healed.
All we like sheep have gone astray;
we have turned—every one—to his own way;
and the Lord has laid on him
the iniquity of us all.”*

Psalm 118:1-18.

Q: What do these verses say about God's presence and dedication to us?

Q: What words stick out as helpful for when we need help?

Q: How do we know God is on our side?



Real. Present. God. Created to Connect

Closing

CHALLENGE

This week, I want you to take a step toward pulling the band-aid off of the sin that is embedded deep in you. If you need to talk to someone, find someone to talk to. I have resources and people to help you and even I can help you and talk to you. If you need to delete some apps on your phone or make sure it is put away late at night to help take away those temptations, then do that. I am here to help you and so are the other adults in your life. Let's work together to face those sins deep down in us. It doesn't mean we will be perfect, but it does mean we are bringing it to the light so God can help heal.

Write something from Psalm 118 on your notecard that can help you remember that God is present even in your brokenness. Read it and find something that stands out to you. Then, this week, place the card somewhere you will see it daily as a reminder that Jesus is better.

PRAYER

Real. Present. God. Created to Connect

SESSION 3: #CONNECTINGUP

Activity

Quiz

1. If cyberphobia is the fear of computers and technophobia is the fear of technology, what is nomophobia?
 - a. No more fear
 - b. The fear of having no fear
 - c. The fear of being without a phone
 - d. The fear or Momo
2. The first laptop was created and released to the public in
 - a. 1955
 - b. 1999
 - c. 1982
 - d. 2000
3. When was email invented?
 - a. 1955
 - b. 1999
 - c. 1982
 - d. 2000
4. What video game system was introduced to the world in September of 1996?
 - a. XBOX
 - b. Nintendo 64
 - c. Gameboy
 - d. PlayStation Original
5. When was Google officially created?
 - a. 1998
 - b. 1952
 - c. 1907
 - d. 2002
6. What is the average number of apps on a teenager's phone?
 - a. 10-20
 - b. 40-60
 - c. 60-90
 - d. 100-120
7. How did Spam Mail get its name?
 - a. From a Monty Python skit
 - b. Spam paid to have it officially named that
 - c. Because it stands for Spies Planning Against Man
 - d. Spam is more fun to say than Junk
8. Surgeons who grew up playing video games make 37% fewer mistakes
 - a. true
 - b. False

9. What was Snapchat's original name when it first launched in 2011?
 - a. Snapchat
 - b. Ghost friends
 - c. Picaboo
 - d. Photosends
10. What is the average amount of screentime per day for a teenager (ages 13-19)?
 - a. 9 hours
 - b. 10 minutes
 - c. 5.5 hours
 - d. 13 hours

PROCESSING TIME

Q: What question surprised you the most? Which surprised you the least?

Q: How many apps do you have on your phone?

Q: How many hours a day do you spend on your phone? Could be fun to make them look up! If they have an iPhone, go to settings and then to screentime to compare. It will even show them where they spend their time! According to Common Sense Media, teens spend an average of 9 hours a day on their phones.

Q: What is the app you use the most on your phone?

Q: What is your favorite thing about your phone? What do you love about technology?

Q: What are some of the good things about technology—phones, computers, etc.?

Real. Present. God.

Created to Connect

Q: What are some of the negative side effects of technology?

Q: What do you do when you have time alone? Like walking from class or sitting at a stoplight or even before bed at night?

Q: What do you do when you find yourself in an awkward or uncomfortable situation? Like let's say you are the first one in the classroom or you don't know anyone—what do you do?

Q: Have you ever thought about how well you really know your friends or yourselves outside of what they post online or through text?

Q: What do you do when you feel alone? What do you do when you feel anxious? What do you do when you feel ashamed? What is your very first and immediate reaction?

Digging Deeper

Genesis 1:26-27

Q: What does it mean that God made man in "our image"? Who is "our"?

Mark 1:35

Q: Look at the section titles before and after this one. What are some of those titles?

Q: What do you notice about these titles? Was Jesus a man who just sat around a lot?

Q: Why is Mark 1:35 important? What can we learn from Jesus in this verse?

Hosea 1:1-11

Q: Recap in your own words what happened.

Q: How many kids did they have and what were their names and meanings?

Q: What group of people is this book a parallel with?

Hosea 2:1-8

Q: Recap in your own words what happened.

Q: What did Gomer do?

Q: Why did she leave?

Q: What is this saying about the people of Israel?

Read Hosea 2:9-15 together.

Q: Recap in your own words what happened.

Q: What is Gomer doing?

Real. Present. God. Created to Connect

Q: What is Hosea doing?

Q: Why does Hosea keep chasing her?

Q: What does this say about God and His people?

Read Hosea 2:16-23 together.

Q: Recap in your own words what happened.

Q: What does this say about God and His people?

Read Hosea 3:1-5 together.

Q: Recap in your own words what happened.

Q: What did Hosea do?

Q: Why/How could he be so faithful even when Gomer was so unfaithful?

Q: What does this say about God and His people?

Q: What does this say about us?

Open to Psalm 46. We are going to read it all together.

Q: What stood out to you as we read? What verse or phrases hit home?

Q: What two words does Psalm 46 use to teach us how to retreat into the privacy?

Closing

CHALLENGE

Q: What did you think of your time with God?

Q: Did 10 minutes seem like a long time? Were you comfortable or were you anxious?

Q: What would it be like for you to take some time this week to intentionally unplug from technology and plug into one on one time with God?

For our challenge this week, we are going to take a technology assessment together. I want you to keep track of the amount of time you spend on the computer or your phone—even the time you spend talking on the phone. Then, I also want you to keep track of the uninterrupted time you spend with your family/ friends each day. Uninterrupted means no technology. Just you and them. Then, I also want you to track the time you spend uninterrupted with God. Just you and Him. Next week, we will compare these times.

PRAYER

Real. Present. God. Created to Connect

SESSION 4: #CONNECTINGOUT

Game

Selfie Challenges

- Selfie in the cold
- Selfie inception
- Artsy selfie
- Selfie kids
- Selfie with a leader
- Selfie Entourage
- Selfie Sermon
- Selfie upside down
- Selfie #basic
- Mirror Selfie
- Nerdy Selfie
- Superhero Selfie
- Exercise Selfie
- Food Selfie
- Do it for the Vine Selfie
- Dance Party Selfie
- Anti-Gravity Selfie
- Bearded Selfie
- Bible Selfie
- Into the Woods Selfie
- Worship Selfie
- Awkward Selfie
- Sitting Selfie
- Selfie Selfie
- Pyramid Selfie
- Selfie with a Fish
- Water Selfie

Ready. Set. SELFIE!

Digging Deeper

Q: What section had the most amount of time?

Q: Which section had the least amount of time?

Q: Why do you think that is?

Q: What was your favorite part of the challenge?

Q: What was difficult or hard?

Q: What is something you learned about someone in your group?

Q: Did you meet someone new that you haven't interacted with much?

Deuteronomy 6:4-9

Q: Recap in your own words what happened.

Q: What does it mean for us to love God with ALL of our heart, soul, and might?

Q: What do verses 7-9 say we are supposed to do?

Q: How was time spent together during the selfie challenge?

Q: How was Jesus shared through it?

Q: How was time spent together with the poster making?

Q: How was Jesus shared through it?

Real. Present. God. Created to Connect

Q: Did one have a bigger impact on others that we may never know?

Q: Did one provide a more intimate growth together?

Closing

With technology so present in life and only getting stronger, it will be so important for us to find ways to set technology down to have real connections with people. It will also be important for us to make sure we are living social media lives that point to Jesus. Not everything you post needs to be about Jesus, but think of ways you can witness to others through social media. Maybe your friend posts about a hard time. Meet them for dinner one night and have a face to face connection with them. Maybe someone posts about a death in the family. Use that as an opportunity to share about the hope we have in Jesus. Your challenge this week and the weeks following are to use your social media as way to connect with others and share Jesus through this. I want to hear stories—or even see them when I am on different social media sites—of how God is using you and your social media to leave footprints of Jesus!

PRAYER

Psalm 33

The Steadfast Love of the Lord

Shout for joy in the Lord, O you righteous!

Praise befits the upright.

Give thanks to the Lord with the lyre;

make melody to him with the harp of ten strings!

Sing to him a new song;

play skillfully on the strings, with loud shouts.

For the word of the Lord is upright,

and all his work is done in faithfulness.

He loves righteousness and justice;

the earth is full of the steadfast love of the Lord.

By the word of the Lord the heavens were made,

and by the breath of his mouth all their host.

He gathers the waters of the sea as a heap;

he puts the deeps in storehouses.

Let all the earth fear the Lord;

let all the inhabitants of the world stand in awe of him!

For he spoke, and it came to be;

he commanded, and it stood firm.

The Lord brings the counsel of the nations to nothing;

he frustrates the plans of the peoples.

The counsel of the Lord stands forever,

the plans of his heart to all generations.

Blessed is the nation whose God is the Lord,

the people whom he has chosen as his heritage!

The Lord looks down from heaven;

he sees all the children of man;

from where he sits enthroned he looks out

on all the inhabitants of the earth,

he who fashions the hearts of them all

and observes all their deeds.

The king is not saved by his great army;

a warrior is not delivered by his great strength.

The war horse is a false hope for salvation,

and by its great might it cannot rescue.

Behold, the eye of the Lord is on those who fear him,

on those who hope in his steadfast love,

that he may deliver their soul from death

and keep them alive in famine.

Our soul waits for the Lord;

he is our help and our shield.

For our heart is glad in him,

because we trust in his holy name.

Let your steadfast love, O Lord, be upon us,

even as we hope in you.