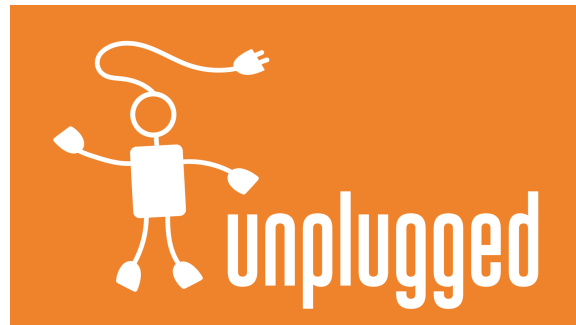


# SMALL GROUP DISCUSSION GUIDE

Unplugged - Week 3



## CONNECT

Spend some time checking in. What are highs and lows since you last met? How can your group members pray for and support each other this week?

## GROW

- What is the thing that most distracts you in your life?
- Which one of these distractions is hardest for you? Technology? Expectations? Options?
- How is distraction the thief that takes the abundant life God has designed for you?
- You are God's one thing. How does it feel to know God is focused on you?
- Who is someone you could focus on this week?

## BIBLE

Read Luke 10:38-42 and Matthew 6:25-27

## PRAY

God of love, you've created us with compassion and grace, with the ability to work and the need to rest. Yet, we know too well that life is full of busyness and distractions. Help us to unplug and place our focus on you. In your son's name, Amen.

