



SERMON DISCUSSION PARTICIPANT'S GUIDE

Digital Sobriety | Keith Simon | September 7, 2025

Experiments Review

- How did it go? What was challenging?
- What did you learn? About yourself and about God?
- What would you like to incorporate into your life going forward?

Sermon Discussion

1. Keith pointed out that one of the greatest spiritual enemies in our modern era is our smartphone. How have you experienced this to be true in your community? How have you experienced this in your own life?

Read Psalm 16:7-8 and Philippians 4:8

Psalm 16:7-8

*I will praise the Lord, who counsels me;
even at night my heart instructs me.
I keep my eyes always on the Lord.
With him at my right hand, I will not be shaken.*

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

2. What you give your attention shapes your life. How does your smartphone make it more difficult for you to “keep your eyes on the Lord” and to focus your attention on what Paul encourages in Philippians 4:8?



3. At both the beginning and end of the sermon, Keith encouraged us to spend our lives on things that matter, rather than trivial and superficial things. At the end of your life, when you look back on how you spent the days God gave you, what do you want to be true of how you spent your time?
4. What needs to change about how you spend your time right now in order for this vision to be true of your life five, ten, or twenty years from now?

Sharing and Prayer

Have everyone share one specific step they want to take in the next week to move toward their vision for life that they described in question 3. Take notes and ask each other how it went next time you're together.

Pray for each other's next step. Ask God for the strength to follow through so that you can experience him more deeply.

Leader Note:

- A simple next step is to do the daily experiments in the Digital Sobriety week of the *Experience God* books.
- If your group isn't already planning to use the books, consider looking through the experiments and decide on one day's application for you all to do together. (E.g., take social media apps of your phone, turn your phone to grayscale, etc.)

To access a digital copy of the experiments, use this QR code.



What to practice for next time...

Week of Sept 7th Experiment #3: Digital Sobriety

Week of Sept 14th Experiment #4: Scripture