

BOUNDARIES

WHEN TO SAY YES. HOW TO SAY NO.

CHECK YOUR TECH

THINGS TO DISCUSS:

1. What was the first piece of technology you had?
2. What is your favorite and least favorite kinds of technology?
3. Read Paul's words in 1 Corinthians 6:12. In your own words, how would you break that verse down? What does it mean to you?
4. Have you ever suffered from FOMO (fear of missing out) or FOBLO (fear of being left out)? Or do you know someone who has? What is the noticeable effects of these kinds of fears?
5. Jeremy said, "God gave us boundaries not to keep joy away, but so that we would experience the most joy possible." Do you agree with this statement and why?
6. Some suggestions for keeping healthy technology boundaries included:
 - Engaging those around you
 - Observing regular non-tech times
 - Setting limits on tech apps
 - Could you use these boundaries in your family? And what other tech boundaries would you suggest?

NEXT STEPS & PRAYER REQUESTS

- Find additional Boundaries resources here: crosswindchurch.net/boundaries/