



The Screen Time Dance // Jeff Brodie // September 22, 2024

In recent years, the evidence has become clear—screens aren't just linked to our kids' struggles; they're a driving factor. Our gut reaction is often to clamp down with strict rules around screen time—rules we just keep fighting over. But what if there's a better way? Instead of just managing screen time, what if you discovered the wider rhythm for your family life that God calls you to? In this message, we'll zoom out to explore a more positive and proactive approach. We'll focus on how to create a family dynamic where screens take their proper place—not as the main event, but as a small part of a bigger, faith-filled rhythm that brings some balance and purpose back into your everyday life.

Scripture: [Deuteronomy 6:4-12 NLT](#); [Matthew 16:26 NLT](#)

Bottom Line: Foster a God-centric life in our screen-centric world.

Discuss:

Reminder: The goal is always a good discussion, not completing every question. Use these as a tool to help.

1. Would you say that your greater challenge in being present with people is **busyness** or **distraction**? Rate each on a scale of 1-10.
2. Take a moment to look at the amount of time you've spent on your phone over the last 48 hours (it keeps track). How often do you leave your phone at home when you leave the house? How often do you leave your phone in a car when you meet someone for coffee or go for a meal? How do you handle screens on your vacation time?
3. How would you describe the rhythm of your life? What is it centred around?
4. Read [Deuteronomy 6:4-12](#). In verse 7, Moses instructs the Israelites on the importance of creating a rhythm of spiritual connection by pointing out regular touch points throughout their day (meal time, drive time, bed time, morning time, etc.). Where do you feel that you could build a more regular spiritual rhythm of being present with God in your life? What rhythms have worked for you?
5. As a parent/aunt/uncle/grandparent/friend, what rhythms could you build into the lives of the kids you love? Where could you inject a spiritual rhythm of being present with God or others?

6. Some would say this passage seems to indicate that consistency is more important than quality. Would you agree or disagree? How so?
7. Andy Crouch, author of [*The Tech-Wise Family*](#) and [*My Tech-Wise Life*](#), strongly encourages a complete family screen sabbath for an hour a day, a day a week, and a week a year. What would encourage you to do that or hold you back? What one step could you take in that direction?
8. In verses 8-9, Moses points out how visual reminders can be spiritual reinforcers. What visual reinforcers do you think would encourage you or your family away from a screen-centric distracted life toward a more God-centric present life?

Moving Forward:

This week, build a rhythm in your own life—or in the life of a child you love—that helps move from a screen-centric distracted life to a more God-centric present life. Share with your group the rhythm that you are striving to implement. Pray for God’s enabling to be consistent in establishing this new rhythm.