

FEBRUARY

Small Group Guide

No/Low-Tech Sundays

SUGGESTIONS FOR THIS MONTH'S MEETING:

- Ash Wednesday is February 18. At this month's meeting, consider spending time preparing for Lent as a group and discussing how you might prioritize observing the Sabbath as a Lenten practice. If there is openness in the group, perhaps you can commit to a particular practice together.
- Be mindful of the "February slump." Often at this time of the year, people can experience the winter season as long, draining and even isolating. It can be helpful to allow time and space for group members to share about how they are doing and where they might need additional group support. Notice especially any group members who seem to be withdrawing or losing connection and think about reaching out apart from the group for a personal check-in. These small acts can make a huge difference as you care for each person in your group.
- At this point in the year, steadiness and consistency in fundamentals is more important than "doing more." Focus on encouraging your group to stay faithful to small things that fit their season in life. Resist any impulse to be critical or to "fix" challenges as they arise. Supportive presence is the goal.

DISCUSSION QUESTIONS

1. *Jim and Alison Dahlman remind us in this month's video to keep first things first: When it comes to being intentional with our use of technology, discipleship is the goal. How do our devices offer both obstacles to discipleship as well as opportunities to deepen our relationship with Christ?*

2. *What are some ways you have seen technology supporting connection and togetherness? How do these differ from more "individualistic" uses of tech?*

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3. When trying to limit your use of screens, what has worked and what hasn't? How can those experiences help you set meaningful and sustainable limits on technology in your home?

4. Do you know anyone who is already doing "No/Low-Tech Sunday" well? What does it look like for them? Where could these habits be adaptable to your own household?

