

About Escapism, October 1, 2023

Ice Breaker:

Share a moment when you intentionally disconnected from distractions and truly lived in the present. How did that experience make you feel?

Discussion Questions:

1. Read Psalm 23
The sermon mentions the tendency to mistake peace for boredom due to our constant need for distraction. Can you think of instances in your life when you've preferred distractions over quiet moments? How did this impact your perspective?
2. The sermon highlights various forms of escapism, such as alcohol, social media, or binge-watching shows. How do you personally recognize when you're using these distractions to avoid reality or difficult emotions?
3. The passage from Titus 3:3-8 speaks about God's grace and how it transforms us. How have you experienced the kindness and love of God in your own life? How has this transformed your perspective on seeking fulfillment through distractions?
4. The sermon mentions six reasons why Jesus chose solitude over distraction. To prepare for a major task, to recharge after hard work, to work through grief, before making an important decision, in a time of distress, to focus on prayer. Which of these reasons resonates with you the most, and how can you apply this principle to your own life?
5. Ephesians 5:8-11 encourages us to live as children of light and expose the fruitless deeds of darkness. How can being present in the moment help us better align with this idea and make conscious choices that please the Lord?
6. The sermon concludes with the takeaways of "BE PRESENT: Live in the moment, Think about Eternity, Rest in the Lord." Which of these takeaways do you find most challenging to apply in your life? How can your small group support each other in living out these principles?

Key Takeaway or Action Item:

Based on the sermon's message and the discussion we've had, what is one practical step you can take this week to intentionally practice being present and avoiding the distractions that hinder your spiritual growth? How can you encourage and hold each other accountable in this endeavor?