



week one
consumption

bottom line

What we give our
attention to is who we
become.



corresponding teaching content

Invite your group members to watch the corresponding teaching by Pastor Andrew on LivingInhabit.com's Media page before you begin this week's discussion guide.

group icebreaker

If you only had one hour to watch or listen to media this week, to what would you choose to watch or listen? (*No "Sunday School answers" allowed! LOL*)

reading scripture together

Read about *The Two Ways* in **Psalm 1**.

play today's group intro video



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suggested discussion questions

getting connected with scripture:

1. Verses 1 & 2 echo & perhaps inspired the wisdom captured by this modern quote:
"What you give your attention to is the person you become. Put another way: the mind is the portal to the soul, and what you fill your mind with will shape the trajectory of your character" (John Mark Comer).
 - A. If not all stories/narratives are created equal, how do we discern which ones are worthy of occupying the greater parts of our attention?
 - B. *Much of modern media—whether non-fiction or fiction—contains what the Psalmist might call "wickedness."* How is consuming such media similar or different from doing the three things we are warned against in verse 1?

getting real with each other:

2. Which kinds of narratives do you spend the most time with? (*i.e. news, podcast, a Netflix series, a genre of movies or music or books?*)
3. Does the idea of thinking on God's word day & night seem realistic or even desirable to you? Why or why not?

getting practical with our faith:

4. What do you believe a realistic practice of "delighting" and "meditating" on God's word (God's narrative) day and night might look like?
5. What could help make God's story dominant in our daily thought-life?
6. **This Series:** We are inviting you to create a "digital rule of life." In other words, let's get more intentional with what media we consume, how much of it we consume and when we consume it.
 - A. Do you have any initial ideas of what you'd want to include in yours?