



# DIDN'T SEE IT COMING

## **Part Two: Disconnection**

We've never been more connected as a culture, and we've never felt more alone. Many experts are beginning to call loneliness a cultural epidemic. Why is it that we can have 500 friends on social media and feel so utterly alone? A devious disconnect is underway in our culture, and it's not just a tech problem...it's a human problem.

**Scripture:** James 5:13-18 NLT

**Bottom Line:** Love has a speed, and it's slower than you are.

## **Discussion Questions**

1. What part of technology do you love the most, and what do you dislike the most?
2. What does it feel like (to you) to be ignored by others when you're in the same room? How often are you guilty of doing that same thing to someone else?
3. Imagine the kinds of conversations and relationships early Christians had as you read through James 5:13-18. Does anyone really know you as well as the early believers knew each other? Why or why not?
4. "Disconnection isn't a technology problem; it's a human problem." Discuss.
5. What would it take for you to truly slow down and move at the speed of love?

## **Moving Forward**

This week, put in to practice a few (or all) of the practical suggestions in the Disconnect to Reconnect section of Didn't See It Coming (pages 81-83). Decide to change your habits. Create some technology free zones. Put your phone on 'do not disturb' most of the day. Sit down and have dinner with the people you care about 5 nights this week. You choose how to do it, just commit to disconnecting to reconnect. After all, intimacy never happens in a hurry.

## **Changing Your Mind**

"Confess your sins to each other and pray for each other so that you may be healed." James 5: 16