**Small Group Bible Study**

Tethered Week 1

**What Are You Fastened To?**

Pastor Aaron opened the *Tethered* series by comparing our relationship with technology to being tied down by a rope or chain. He reminded us that though technology itself isn’t bad, it can quietly begin to control us. The question isn’t just *“Am I using technology?”* but *“Is technology using me?”*

We live in a world deeply connected by technology, but often, we’re more tethered than free. God’s call is not to reject technology, but to live *set apart,* allowing Him, not our screens, to shape our hearts and habits.

**Scripture Focus:** Romans 12:1–2, Matthew 5:13–16, 1 Peter 1:15–16, 1 Corinthians 6:1

**Opening Prayer**

Father, thank You for giving us tools that connect us, teach us, and make life easier. But help us to see where these tools may have started to rule our hearts. Teach us how to live set apart — transformed by Your Spirit, not conformed to the world. Amen.”

**Icebreaker**

* What’s one app, show, or piece of technology you use daily, and what’s one way it makes life better (or harder)?

**Sermon Recap Questions**

1. What does it mean to be *tethered* to something?
2. What are you most tethered to right now — and how is it shaping you?
3. How can Romans 12:1–2 help us approach technology differently?
4. What’s one way you want to be *transformed* this week rather than *conformed*?

## **Set Apart — Living Sacrifices**

**Read: Romans 12:1–2**

* What does Paul mean when he says to “offer your bodies as a living sacrifice”?
* How does being “set apart” change the way we engage with things like technology or media?
* In your daily life, what does it look like to *not conform* to the world’s patterns?

We often treat our devices like extensions of ourselves. Yet Paul reminds us that our lives; body, mind, and habits belong to God. Being a living sacrifice means surrendering every part of life to His purpose, even the way we use technology.

**Section 2: You Are the Salt and Light**

**Read: Matthew 5:13–16**

* Jesus says His followers are “the salt of the earth” and “the light of the world.” How can we reflect that online or through technology?
* What does it mean to lose your “saltiness” or hide your “light”?
* How might being tethered to screens dull our ability to shine light in the world?

Technology can amplify light or magnify darkness. Our words, posts, and online presence can point people toward Jesus or distract from Him. Jesus calls us to use every platform — physical or digital — as a place where His light can shine.

**The Pull of Conformity**

**Read: Romans 12:2 again, and 1 Corinthians 6:12**

* Paul warns, “Do not be conformed to this world.” What are some ways technology tempts us to conform?
* What does Paul mean by, “I will not be mastered by anything”?
* How do you recognize when something good (like a phone or social media) starts to master your time or emotions?
* How can we “renew our minds” as Paul teaches in Romans 12:2?

**Like being caught in an ocean current, the pull of technology is subtle. Without intentional boundaries, we drift spiritually and emotionally. God calls us to awareness — not avoidance — to use wisdom, not willpower, to stay tethered to Him.**

**Section 4: Transforming Habits**

**Read: Philippians 4:8–9**

1. What are practical ways to fill our screens — and minds — with what is true, noble, and pure?
2. What habits or rhythms could help you shift from being *conformed* to *transformed*?

Transformation happens through intentional renewal. Setting screen limits, creating phone-free spaces, and prioritizing stillness are spiritual disciplines in a digital world. Transformation takes place when we choose quiet over constant noise.

**Tools for Living Untethered**

From Pastor Aaron’s message, here are a few practical “Untethered Tech” tools to help you create space for God:

* Grayscale your screen: Make your phone less visually addictive.
* Remove unnecessary apps: Especially social media apps you can access from a computer instead.
* Turn off notifications: Don’t let your phone tell you when to look.
* Create sacred spaces: Designate phone-free zones — the dinner table, bedroom, or car ride.
* Schedule intentionally: Use “Do Not Disturb” and focus modes to guard your attention.
* Practice POMO (Peace of Missing Out): Learn to find peace in not being constantly connected.

**Discussion/Application Questions:**

1. Which of these practices could you start this week?
2. How might creating sacred spaces or intentional schedules help you grow spiritually?
3. What would it look like for your technology to serve your faith, not shape it?

**Closing Prayer**

“God, thank You for giving us minds that create and hearts that connect. Help us not to be conformed to the patterns of this world, but to be transformed by Your Spirit. Teach us to use every moment — on or off screen — for Your glory. Amen.”

**Optional Resource Ideas**

* Books: *The Ruthless Elimination of Hurry* by John Mark Comer, *Digital Minimalism* by Cal Newport
* App Suggestion: *Lectio 365* (daily prayer and reflection)
* Practice: Try a “Screen Sabbath” one day this week — set your phone aside and see what God does with the stillness.