

C3 GROUP QUESTIONS
F2022-WEEK 8
10/23/22

Getting Started with a Warm-Up:

- *“Experts Can’t Agree on How Much Screen Time Is Too Much for Adults”*

The COVID-19 pandemic shifted our lives in myriad ways, including the amount of time we spent glued to our devices. Research published in 2021 found that Americans in their early twenties used their phones an average of 28.5 hours per week in 2020—up from 25.9 hours per week in 2018. One review of studies conducted in 2020 and 2021 put the estimates even higher, finding that average screen time for adults in the U.S. and other countries increased 60–80% from before the pandemic.

Excessive screen time has been shown to have negative effects on children and adolescents. It’s been linked to psychological problems, such as higher rates of depression and anxiety, as well as health issues like poor sleep and higher rates of obesity. Many researchers believe that excessive screen use may not be as damaging to adults, but the impact hasn’t been studied as extensively. Recent research has found that it can still have damaging consequences, such as digital eye strain, impaired sleep, and worsened mental health....(Serrano JF, Time, accessed 10/17/22, <https://time.com/6174510/how-much-screen-time-is-too-much/>)

- Do you monitor your daily screen time on your mobile devices (e.g. smartphone or tablet)? Why or why not?

- How is this affecting your daily time with God?

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Getting Down to Business:

The following questions are following this format: Scripture/Observation, Application, and Prayer (SOAP).

1) Scripture/Observation:

- A. Read Matthew 14:22-33. Why do you suppose the disciples were fearful of Jesus walking on the water? (Hints: Doubt and Distraction)

- B. Why do you think Peter so quickly went from boldly stepping out of the boat accepting Jesus' invitation to walk on the water to fearfully sinking beneath the waves?

- C. After Jesus took hold of Peter He asked him, "why did you doubt?" Do think Jesus was referring to Peter's doubt about his ability to walk on water or his doubt concerning who Jesus is? Explain.

- D. Read Matthew 14:32-33. What do you suppose finally convinced Jesus' apostles to realize who he really was?

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2) Application: In what ways can you improve on spending quality time everyday with God to know and become more like Jesus? What would be helpful ways to overcome struggles with doubt and fear?

3) Prayer: As you pray, ask God to remove your fears, increase your faith, and invite him into daily fellowship with you.

Give all your worries and cares to God, for he cares about you. (1 Peter 5:7, NLT)