

**The following questions correspond the Isolation from Yourself and God sermon from Sunday, September 22. To catch up on the entire Siren's Call series visit [grace360.org/sirensfall](http://grace360.org/sirensfall).**

1. The Sirens in Homer's Odyssey used songs of flattery and the promise of wisdom and peace to lure sailors to their doom. Similarly, technology lures us with distraction and the promise of "easy always." What are the daily Sirens in your life? In your house? In your work? School?
2. Dr. Cassidy said technology is addictive by design, and profoundly influences our souls. What you practice, you become. What you eat, you crave. What does this mean practically? What are you currently practicing that is influencing your soul? Your character? Your relationships?
3. Read Luke 5:16. Great leaders in the Bible spent large amounts of time alone (Noah, Abraham, Joshua, David, John the Baptist, Jesus). When was the last time you spent time alone without using technology? What impact did that have?
4. The most powerful choices you make are not the big decisions of life. How can you change little patterns in your daily choices?
5. Solitude is the place where we learn about empathy. Empathy happens when you're alone learning about yourself and God. How can you face fears of loneliness or boredom and be still?
6. What is the difference between quiet and silence? Which is the most needed in your life?
7. Choices drive who we become, and choosing ahead of time means you won't cave in the moment. Who can you recruit to help you stick to your "sober" choices?

*Fall is here and sermon questions are back! If you are looking for additional Life Group study material, please email [krisl@grace360.org](mailto:krisl@grace360.org).*