

The following questions correspond the Isolation from Others and What Matters sermon from Sunday, September 29. To catch up on the entire Siren's Call series visit grace360.org/sirensfall.

1. What we practice is what we become. Many times, we practice being totally focused on the future or totally disregarding the future. Do you do either of these? What are you becoming based on this practice? What do you wish you could become that would require you eliminating or adding a different practice to your daily life?
2. Expectations: Connecting through technology promises a sense of always being happy and making your life easy. Has the loneliness that this technology brings changed you or has your response to loneliness changed? How do you feel about being alone?
3. Absence of God: In a culture of atheism we are told we are all alone but this is not true. How has leaning into loneliness drawn you closer to the Lord? How do you avoid loneliness and boredom?
4. Difficulty Connecting: What "devices" and "instruments" are regularly in your life? Where could you invite coaches and community into your daily life and focus more on the "instruments"?
5. Read Proverbs 14:15. Things that are worth having require work, like coaches and community. Talk as a group about how you can start working with others and invite mentors into your life?
6. The most powerful choices we will make in our lives are not about specific decisions but about patterns of life: the disciplines that will shape all our other choices. As your group talks about the application of this 30 day challenge. How will you tackle these suggestions?

- A. Join a living learning community*
- B. Don't let technology destroy house hold*
- C. Stop participating in the 24hour news cycle*

Dr Cassidy's next sermon series will start on 10/20, Life Group questions will start again at that time. If you are looking for additional Life Group study material, please email krisl@grace360.org.