

# Rumble Strips

## Distracted Driving

The world we live in is changing at such an incredible rate, particularly when it comes to the technology available to us. A majority of our technological advancements are focused on making the world more available to us, but they also make us more available to the world. As technology continues to change the scope and landscape of society, it continues to create unique challenges for relationships in our day and age. This week, we will explore boundaries in our relationship with technology.

### Day 1 Read Genesis 11:1-9

A few insights for you about this passage:

The invention of the brick would have been a huge technological jump; before that, you had to build with stone, which limited what you were able to construct. These humans are resisting the first mandate given by God in the creation story, which was to spread out and steward the entire world. In light of that, what sort of critique does this passage offer us about our relationship with technology?

### Day 2 Read Exodus 20:22-26

Why would God instruct them to build an altar of uncut, or undressed, stone? What does this passage have to say to us about our relationship with technology?

### Day 3 Read Exodus 1:1-14, 6-9

When we first meet the Israelites, they are essentially slaves in Egypt, forced to make bricks so the Egyptians can expand their empire. In what way do you feel like you are enslaved to technology?

### Day 4 Read Psalm 46

In the Message translation, verse 10 invites us to “Step out of the traffic.” Do you find it difficult to “unplug?” Why or why not? How is our cellular slavery creating challenges for our interpersonal relationships?

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Day 5 Read Proverbs 26:13-16


The sluggard is one who just wants to check out. Would you say this is a temptation for you when it comes to your phone? How much of your time spent on your phone is about checking out? Why is this unhealthy?

Day 6 Read John 2:23-25

What does it mean that Jesus wouldn't "entrust" himself to these people? Do you feel as though you make yourself too available to too many people? How does technology make this tricky? What can you do about it?

Day 7 Read Deuteronomy 5:12-15

Why did God tell the people to practice Sabbath? Was it just about not being tired or is there more going on? Explain. How can you bring the practice of Sabbath into your relationship with technology



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