

MENS LIFE BLOOMINGTON

Tuesday, November 11, 2025

Authentic Brotherhood | Digital Detox & Discernment

Overview: In a world that never stops scrolling, this session helps men step back and regain control of what truly matters. We'll explore how to use social media, podcasts, and entertainment with discernment—aligning our digital habits with God's wisdom. Freedom in Christ means we're not mastered by anything, not even our screens.

Verse: You say, 'I am allowed to do anything'—but not everything is good for you. And even though 'I am allowed to do anything,' I must not become a slave to anything. 1 Corinthians 6:12 (NLT)

Video: [Seven Day Digital Detox Challenge](#)

Presentation Overview:

- The 7-Day Digital Detox video challenges us to step back from constant connection and rediscover peace, focus, and freedom in Christ.
- Just because we *can* stay connected doesn't mean it's *beneficial*—true freedom means not being mastered by anything (1 Corinthians 6:12).
- John Eldredge reminds us that we are all being disciplined—either by our screens or by our Savior—so we must choose who will shape our hearts and habits.
- Technology isn't the enemy; distraction is. Guarding our hearts means using digital tools with wisdom, not letting them use us.

Questions:

- **Where do you see technology shaping men's lives the most today?** (Social media, news, sports, gaming, podcasts—what are the biggest influences around you?)
- **John Eldredge said, "We are all disciples of the internet."** What does that mean to you personally? What are some ways you see yourself being "trained" by your feed or online habits?
- **Paul writes, "I will not be mastered by anything."** What digital habits or patterns tend to "master" your time, thoughts, or emotions?
- **How does constant connectivity affect your spiritual life**—your prayer time, focus, or ability to rest in God's presence?
- **Authentic Brotherhood is about helping one another grow in maturity and freedom.** How can we hold each other accountable in healthy ways in our digital lives?
- The 7-Day Digital Detox video ends by saying, **"You're not missing out—you're tuning in to what truly matters."** What could that look like for you this week? What do you want to tune back into?
- **If Jesus looked at your screen time report, what do you think He'd say—not in judgment, but in invitation?** What step of discernment or boundary could you take this week to live more intentionally with Him?

Closing Prayer: Father, thank You for the gift of connection—but remind us that our hearts belong to You. Help us use technology with wisdom, seek Your voice above all others, and stay present with You and one another. Teach us true freedom in Christ. Amen..