

PART I: God is Looking For Your Time

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📌 Práctica	Espiritualidad En La Era De La Tecnologia

WORSHIP AND PRAYER.

TALK ABOUT LAST WEEK'S PRACTICE.

The practice was to memorize the specific verse you chose last week. And use it when a temptation, that struggle with, comes to your mind.

- Someone who would like to tell us something about last week's practice to encourage the rest of the people?
- Why do you think that knowing the word of God by heart helps against the temptations of the enemy?
- What could you do so that this practice of using the word of God as a sword is not lost in your life?

READ THIS SUMMARY.

We are in a time with a lot of technology; It brings both benefits and consequences. And one of the biggest consequences is the distraction and stealing of our time and space.

What our soul desires most is to be close to God, but our habits and actions lead us to suffer emotionally and disconnect from God. Whether it's because of the amount of work or study we have, the amount of time we spend on our phones or television, or the distractions we fill our lives with. If we want to live emotionally healthy and spiritually connected to God, we must reorganize our lives and make radical decisions.

TALK ABOUT SUNDAYS TEACHING.

- What stood out to you about Sunday's teaching?
- What would your life be like if you touched God and were connected with Him the same number of times you touch your phone? (2617 times a day on average)
- **What does this phrase make you think about your own life?** It can happen that Christians are assimilating a culture of activity, hurry and overload that leads to God beginning to be excluded in their lives. This leads to a deterioration in their relationship with God, making them even more vulnerable to making mundane "assumptions" about how to live, and leading them to live more conforming to the culture of activity, hurry, and overload. And then the cycle starts again
- Without guilt and answering honestly, do you think you're living an emotionally healthy and spiritually connected life with God? Why or why not?

READ THE BIBLE TOGETHER.

Deuteronomy 12:1-5,11-13

- Why do you think God is so specific and radical in destroying idols?
- Why do you think that when God talks about worship, he always mentions the whole family and community together?

Matthew 6:5-6

- What is Jesus trying to say in this passage when he talks about private prayer and public prayer?

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW.

Being an apprentice to Jesus means to re-organizing our lives to primarily be with Jesus, but the reality is that very few people do the hard work of making these decisions. We want the life and results of Jesus, but we live as a person who is not an apprentice of Jesus.

During this practice, you will be doing two things on a weekly basis. First, you are going to establish a daily rhythm that will lead you to live emotionally healthy, and spiritually connected with God. And second, you'll make a radical decision that will help re-organize your life, so that you can do the previous rhythm.

Practice.

1. Step One:

- Take 30 seconds to ask for the guidance of the Holy Spirit to give you the strength and courage to make these changes in your lives.

2. Step Two:

- The first rhythm that we will be practicing during this week is prayer in the morning.
- When we establish a rhythm of prayer in the morning, before anything else, we are giving God our first fruits, the most important thing. And we are filling ourselves with God's love to face the day and stay emotionally healthy and connected with God.
- It's going to be difficult because it's going to require you to go to bed earlier or get up earlier. Stop doing some things. Waiting to see your phone until after praying, etc.
- When doing this daily rhythm remember, what your soul most desires and yearns for is to be with God. It may not be what you want the most and that's okay. But surely, it is what your life most needs and longs for to live "a life and life to the fullest."
- On the next paper, write down what time you will do your morning prayer. (if you don't have this habit normally, start with just a couple of minutes, and then build up)
- In the last practice you made a simple schedule of what your day would be like spending a few minutes with God. This is the continuation, but now in a more intentional and conscious way that God is looking for your time.

3. Step Three:

- Now, write down what radical decision you have to make so that you can pray in the morning.
 - Cancel your Netflix subscription.

- Going to be earlier.
- Cutting your time on TikTok.
- Stop doing an extra activity.
- Put time limit on your phone.
- Set a bedtime.

4. Step four:

- Now we are going to pray The Lord's Prayer all together to have a guide on how to do it in our time alone.
- The facilitator is going to read a part, and then he is going to give space for everyone to pray in silence for a couple of seconds.

READ THIS WEEK'S PRACTICE.

- The practice this week is to practice this rhythm of prayer in the morning.
- You're re-organizing your life, so it's not going to be easy. Do not give up.
- We are starting in the morning because we want to give our first fruits and the best to God, as I did Abel.
- We recommend that you do the The Lord's Prayer during this time. (you can find it on the last page)
- Another template you could use is:
 - **Thank you:** Thank you because I had a big test and you helped me through it.
 - **Sorry:** I'm sorry because i've been really sitracted and have not paid much attention to you God.
 - **Please:** Please help me during the folowing weeks as I know they will be hard.

Before Finishing.

- Who is excited and challenged by this new practice?
- Who would like to tell us what your radical decision to pray in the morning will be?
- What do you hope to change/achieve/experience at the end of our practice spirituality in the age of technology?

DOES ANYONE HAVE A QUESTION ABOUT THE PRACTICE?

PRAY BASED ON THE PRACTICE TO END.

spirituality in the era of **TECHNOLOGY**

how to be emotionally healthy and spiritually connected in

THE AGE OF DISTRACTION

part I: God is looking for **YOUR TIME**

Morning Prayer: _____

Radical Decision: _____

part II: God is looking for **YOUR ATTENTION**

Daily Office: _____

Radical Decision: _____

part III: God is looking for **YOUR WORSHIP**

Prayer of Examen: _____

Radical Decision: _____

THE LORD'S PRAYER



Jesus gave us the Lord's Prayer, not as a something to repite, but as a model to follow when you pray.

"Our Father..."

Take a moment and think about the idea of God as your Father, with good intentions towards you. If you want, imagine God in your mind. Imagine his face.

"In heaven..."

Take a moment to think about the idea that God is all around you. Think that just as the air is always around us, so is God.

"Hallowed be your name..."

Here we are going to express praise and gratitude out loud to God. For example, "Father, thank you for protecting me and my family."

"Father, thank you for loving me." "Father, thank you for forgiving me."

"Your kingdom come, your will be done, on earth as it is in heaven..."

Now we are going to pray and say that God's will be done in our school/church/life.

We are going to give to God specific things in our lives that we are with struggling with.

Like this, "Your will be done in _____ (ex: my sister's health, in a relationship, with a class I'm struggling with, with my anxiousness")"

"Give us each day our daily bread..."

Pray for the specific needs and desires in your life and our small group.

"Forgive our sins, for we also forgive who sins against us..."

Ask God for forgiveness for specific areas of your life.

"And lead us not into temptation, but deliver us from evil."

Pray against the temptation (the word can also be translated as trouble) in your life.

Pray against specific sins or against the bad things in your life, and for God's blessing.

In the name of Jesus, amen.