



**THE SMARTPHONE  
PROBLEM**  
YOU, YOUR DEVICE, & JESUS

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**Date: January 5, 2025**

**Speaker: Sam Rainer**

**Series: The Smartphone Problem**

**Message: The Rise of Anxiety in America**

### **Reflect:**

- What's one way technology has made your life better? What's one way it has made it harder?
- When was the last time you felt truly disconnected (from your phone or internet)? How did it feel?

### **Encounter:**

- Read Matthew 6:25-30. How does Jesus' teaching about worry challenge the way we handle anxiety today?
- Based on 1 Peter 5:6-7, why do you think casting our anxieties on God is so important in combating fear?
- How do the "Great Rewiring" and the cultural shifts mentioned in the sermon reveal the spiritual implications of anxiety?

## Transform:

- What steps can you take to reduce anxiety caused by technology in your own life this week?
- How can our group support each other in trusting God more deeply amid worries and anxieties?

## Related Passages:

- **Philippians 4:6-7** – Encourages prayer as an antidote to anxiety, providing the peace of God.
- **Psalm 23** – Emphasizes God's guidance and comfort in fear and uncertainty.
- **Romans 12:2** – Calls for renewal of the mind, resisting conformity to worldly patterns (like over-reliance on technology).
- **Matthew 11:28-30** – Jesus invites the weary and burdened to find rest in Him.
- **Proverbs 3:5-6** – Trusting in the Lord with all your heart combats the doubts and worries that fuel anxiety.

## Interesting Facts and Tidbits:

- **Historical Firsts:** The iPhone 4 (June 2010) introduced the front-facing camera, changing social media dynamics forever.
- **The Great Rewiring:** Between 2010 and 2015, social lives became more inward-focused due to smartphones and social media.
- **Biological Insights:** The frontal cortex, essential for self-control, doesn't fully develop until the mid-20s, making young people especially vulnerable to technology addiction.

## **Additional Discussion Questions:**

- What's one thing you've learned or been reminded of about anxiety from this sermon?
- How does understanding Satan's tactics (guilt, lies, and hopelessness) help us fight anxiety?
- What does it mean to you that Christ's resurrection defeats fear, doubt, and anxiety?