

axis



A CONVERSATION KIT ON
ADDICTION

Conversation Guide

Addiction, ep. 4

Episode 4 summary

- Although we might not label it as such, social media is probably the most common addiction in the world.
- Social media has been designed to be addictive, and even if we're aware that it's not the healthiest, it can still be hard to have self-control.
- We all have a desire for connection, but sometimes we go to the wrong places to fulfill that desire. The God of love and connection awaits us with open arms.

1. Pleasure and Pain
2. Real Things
3. False Connections
4. **Empty gods**

Discussion questions

01 Do you think we should be less reliant on our phones? Why or why not? If so, what's a good way to become less reliant on our phones?

02 "Nomophobia" is the fear of not having your phone. How do you feel when you don't have your phone? Do you think you could go a day without your phone? What about a week? Scary!

03 Why do you think confession is so hard for us? What do you think would make confessing easier? Remember, there is no condemnation in Jesus, who is able to sympathize with our weaknesses.

Diving deeper

Read Exodus 32. This is a complex story, but it does reveal our tendency as humans to chase after that which doesn't satisfy, even while true satisfaction is just a little ways away. In fact, Jesus came to us, so there's not even any separation. Spend some alone with God, or with someone who loves you, confessing the ways you have chased after things that will never satisfy you, knowing that Jesus is just and faithful to forgive us.