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We Should Get Out More : Faith & Technology

12 Week Study Guide

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During the Week

- Watch or listen to the three WE SHOULD GET OUT MORE episodes for the week
- Read the assigned scripture passages
- Complete the journal questions
- Memorize the weekly verse
- Try the recommended practice for the week

When You Meet

- Open in prayer
- Recite the memory verse for each other
- The facilitator for that week leads the discussion using the journal prompts
- Share how the weekly practice went
- Close by praying for one another

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12 Week Study Guide

Welcome to the Become New Study Guide: WE SHOULD GET OUT MORE.

This guide is designed to help you engage John Ortberg's teaching as you grow spiritually, reflect on Scripture, and explore key themes in spiritual formation.

Each week, you'll watch or listen to three episodes, work through journal questions, and practice memorizing Scripture. **You can use this guide in one of two ways:** participants may engage **all episodes on their own** and use gathering time to discuss what stood out from the teaching, Scripture, and journaling, then pray for one another. Or, you may choose one episode from the weekly teachings to **watch together as a group** during your gathering and have participants watch the other two on their own during the week. This packet is designed to work well for both approaches.

Please print a copy of this guide (2-sided) for each participant so everyone has space to reflect and write. You'll also find room to note meeting dates and who will facilitate discussion each week. We've found rotating leadership helpful, but it's optional. Please scan the provided QR codes to access the teaching links.

This format works well for individuals, pairs, or small groups who engage the teaching independently and come together for conversation and prayer. We hope this guide helps you grow in Christ, one day at a time.

If you have questions or need support, please reach out to us at connect@becomenew.com.

– The Become New Team

We Should Get Out More : Faith & Technology

Weekly Map

12 Week Study Guide

wk1 *date:* *leader:*

1. **You Should Get Out More**
2. **How to Keep Screens from Running Your Family**
3. **Was Jesus a Techie?**

wk2 *date:* *leader:*

4. **Why Technology Is Hijacking Your Mind and How to Get It Back**
5. **The Opposite of Love Isn't Hate, It's This**
6. **What Social Media Won't Tell You About Love**

wk3 *date:* *leader:*

7. **Technology Is Not Neutral, It's Forming Us**
8. **How to Find Peace in a Digital World**
9. **Peace Grows When We Step Away from the Screen**

wk4 *date:* *leader:*

10. **We're Protecting Kids from the Wrong Things**
11. **How to Be Patient in a World That Never Stops**
12. **Big Questions from the Next Generation in a Digital World**

wk5 *date:* *leader:*

13. **The Pacing of Spiritual Formation**
14. **Why Kindness Is the Highest Form of Freedom**
15. **Cancel Culture & Kindness**

wk6 *date:* *leader:*

16. **Doomscrolling & Its Alternative**
17. **This Is What Happens When You Stop Chasing Fake Rabbits**
18. **Microhabits Are the Secret to Staying Connected with God**

We Should Get Out More : Faith & Technology

Weekly Map

12 Week Study Guide

wk7 *date:* *leader:*

19. **How to Build Spiritual Resilience in a Distracted World**
20. **What It Really Means to Become a Good Person**
21. **Be Authentically Faithful with People**

wk8 *date:* *leader:*

22. **How to Be Gentle in a World of Outrage**
23. **The King Gets the First and Last Word**
24. **The Opposite of Cyberbullying**

wk9 *date:* *leader:*

25. **The Risk of an Unrisky Life**
26. **Why You Should Bless What You Dread**
27. **When Your Soul Stops Singing, Try This**

wk10 *date:* *leader:*

28. **Pat Gelsinger: How Tech Can Serve the Gospel**
29. **Self-Control According to Dallas Willard**
30. **Recovering Personhood in a World of Technology**

wk11 *date:* *leader:*

31. **When Trying Hard Just Isn't Enough**
32. **Why Gen Z Is More Anxious and What to Do About It**
33. **The Most Powerful Form of Learning Known to the Human Race**

wk12 *date:* *leader:*

34. **Entering into the Wonders of Life**
35. **Today Live with an Abundance Mindset**
36. **Why Your Soul Needs Something Technology Cannot Give**

Week 1 : Get Out More: Choosing Real Life in a Digital World

Reading: Psalm 90, Romans 12:1–8, Deuteronomy 6:4–12

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

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3. Where do you notice technology adding life to you right now? Where does it quietly drain it?

4. When has your relationship with technology been unhealthy? When has it been life-giving?

5. John encouraged us to think of young people we can bless by example, word and deed. Who are some young people God has put in your life you can bless?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ONE:

Psalm 90:12 ***(NIV)***
Teach us to number our days, that we may gain a heart of wisdom.

Share your screen-time stats (or simply your struggles) with your group this week.

Week 2 : Becoming the Kind of People God Imagined

Reading: Galatians 5:13–26, Psalm 131, 1 John 4:7–21

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. John quotes C.S. Lewis. "To love at all is to be vulnerable." Do you agree with this, what else do you think love is?

4. Which fruit of the Spirit feels most present and most absent right now? Why?

5. Of Andy Crouch's 10 Tech-Wise Commitments, which ones would be most helpful for you? Which ones would be most challenging?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWO:

Galatians 5:22–23 (NIV)
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Pick one tech-wise practice to commit to.

Week 3 : Finding Stillness in the Noise

Reading: Philippians 4:4–9, Psalm 46, 1 Kings 19:11-13

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. What is your definition of "a flourishing life"? In what ways is your life flourishing right now?

4. When you feel bored, anxious, or restless, where do you instinctively turn? What might God be inviting you to do instead?

5. John contrasts gardeners and carpenters. Where are you trying to control outcomes rather than cultivate conditions?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week THREE:

Philippians 4:6–7 (NIV)
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

This week, call or visit three people you love and bring them some joy. Tell them what you notice and love about them.

Week 4 : Who Am I? Where Do I Belong?

Reading: Galatians 2:19-21, Jeremiah 31:31-34, Psalm 127

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. Kara names three core questions: Who am I? Where do I belong? What difference can I make? Which one feels most alive in you right now?

4. In what ways to you see the world moving faster than when you were growing up?

5. When you hear,"Jesus makes you enough"? What is comforting and challenging for you about this?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FOUR:

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1 Corinthians 13:4-5 (NIV)
Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

This week, begin each morning by slowly saying:
"Father, Son, Holy Spirit, today I receive that you make me enough."
Sit with it for 30 seconds.

Week 5 : Pilgrims, Not Tourists

Reading: James 5:7–11, Psalm 131, Colossians 3:12–17

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. We have instant gratification for almost everything (microwaves, entertainment streaming, fast-food). What are some intentional habits we can build to counteract instant gratification?

4. Who is someone you find difficult to be kind toward? What might compassion look like there?

5. John describes spiritual formation as a long obedience in the same direction. Where is God asking you to persist rather than quit?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FIVE:

Colossians 3:12 (NIV)
Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

When you hit inconvenience (traffic, lines, slow replies), quietly repeat last week's memory verse. "Love is patient..."
Let delay and discouragement become formation.

Week 6 : Choosing Life One Moment at a Time

Reading: Deuteronomy 30:15–20, Galatians 5:16–26, Lamentations 3:19–33

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. John talks about “fake rabbits” (approval, money, pleasure, success). Which one most tempts you?

4. The psalmist says for us to “taste and see that the Lord is good.” What is something sweet in your life that reminds you of God's goodness?

5. If your attention tells the story of your discipleship, what story is it currently telling?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SIX:

Psalm 34:8-9 (NIV)
Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing.

This week, replace Doomscrolling with "Life Scrolling".
Set realistic boundaries around the time you will spend scrolling on screens, instead use that time for a life-giving "analog" activity.

Week 7 : Recovery, Goodness, and First Love

Reading: John 15:1–11, Psalm 23, Micah 6:6–8

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. Glenn describes resilience as recovery, recalibration, and returning to first love. Which one do you most need right now? Why?

4. What activities in your life are supporting your journey to “become a good person”?

5. Which fruit of the Spirit is presenting strongest in you and through you right now? Why do you suppose that is?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SEVEN:

John 15:4 (NIV)
Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

Look one person in the eyes each day and silently pray:
"You are made by God. You are loved by God."

Week 8 : Living the Way of Jesus in an Age of Outrage

Reading: Matthew 11:25–30, Philippians 2:1–11, 1 Chronicles 4:9–10

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. Where do you notice outrage or grievance forming in you (online or in daily life)?

4. When I say "Our Father," who am I tempted to exclude from "our"? Why?

5. Jesus says, "I am gentle and humble in heart." How does this challenge your view of the kind of person God is?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week EIGHT:

Matthew 11:28–29 (NIV)
Come to me, all you who are weary and burdened, and I will give you rest… for I am gentle and humble in heart, and you will find rest for your souls.

This week cultivate gentleness. Choose to be gentle with someone (maybe that someone will be yourself), when you might otherwise not. Ask the Holy Spirit for help.

Week 9 : Becoming Stronger, Kinder, and More Alive

Reading: James 1:1–8, 1 Corinthians 13, Genesis 12:1–9

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. What “wind” (stress, conflict, uncertainty) are you facing right now? How might God be using it to grow deeper roots?

4. What if your life is kinda like the "Hokey Pokey"? You need to put your whole self in. Where might you be only partially committed?

5. John says blessing is “the projection of good into another’s life.” Who are people God has put in your life you can uniquely bless?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week NINE:

James 1:2–3 (NIV)
Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

This week bless what you dread. Each morning, name one thing you fear or resist and pray: "God, bless this. I invite Your goodness into it."

Week 10 : Heart, Soul, Mind, Strength: Recovering Personhood

Reading: Mark 12:28–34, Psalm 8, Galatians 5:13–26

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. Andy Crouch says when we're in nature, we realize how small we truly are. What are some places in nature that most inspire you and make you aware of God's presence?

4. Where have I been trying to influence others through pressure instead of asking?

5. Where do you see God working in the ordinary parts of your life right now?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TEN:

Mark 12:30 (NIV)
Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Spend at least 15 minutes outdoors each day this week. No screens. Breathe deep.
Bonus: Make it the FIRST 15 minutes of your day (before screens).

Week 11 : Becoming New by Following the Right Rabbi

Reading: Joshua 1:1–9, John 15:1–11, Romans 8:1–11

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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3. Where in your life do you need to be "un-dragoned"? Where do you want God to bring change that you cannot bring by direct effort?

4. Dallas describes the conflict between desire and will. Where do you most experience that tension right now?

5. What do you truly love? Where is the disconnect between your deepest values and your everyday choices?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ELEVEN:

Joshua 1:9 (NIV)
Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

This week have a conversation with your spouse or closest friend about prioritizing your true values over default tendencies. Share about your schedule and be specific.

Week 12 : Wow Again

Reading: Psalm 19, Matthew 6:25–34, Revelation 22:1–5

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

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4. John invites us to rediscover the prayer "wow." What restores that sense of wonder for you in everyday life?

5. Who are the people you feel most genuinely connected to? What practices/activities help deepen those connections?

6. What are your biggest take-aways from this study? How has God encouraged and challenged you through it?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWELVE:

Matthew 6:33-34 (NIV)
But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

This week make room for the "wow" prayer. At least once each day, pause and simply say (aloud): "Wow, God. You are wonderful."

MEMORIZATION

Become New : WE SHOULD GET OUT MORE

Week 1

Psalm 90:12 (NIV)
Teach us to number our days, that we may gain a heart of wisdom.

Week 2

Galatians 5:22–23 (NIV)
But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Week 3

Philippians 4:6–7 (NIV)
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Week 4

1 Corinthians 13:4-5 (NIV)
Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs.

Week 5

Colossians 3:12 (NIV)
Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

Week 6

Psalm 34:8-9 (NIV)
Taste and see that the Lord is good; blessed is the one who takes refuge in him. Fear the Lord, you his holy people, for those who fear him lack nothing.

Week 7

John 15:4 (NIV)
Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

Week 8

Matthew 11:28–29 (NIV)
Come to me, all you who are weary and burdened, and I will give you rest… for I am gentle and humble in heart, and you will find rest for your souls.

Week 9

James 1:2–3 (NIV)
Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

Week 10

Mark 12:30 (NIV)
Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Week 11

Joshua 1:9 (NIV)
Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Week 12

Matthew 6:33-34 (NIV)
But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Practices

Week 1
Share your screen-time stats (or simply your struggles) with your group this week.

Week 2
Pick one tech-wise practice to commit to.

Week 3
Call or visit three people you love and bring them some joy.

Week 4
This week, begin each morning by slowly saying:
"Father, Son, Holy Spirit, today I receive that you make me enough."

Week 5
When you hit inconvenience (traffic, lines, slow replies), quietly repeat last week's memory verse. "Love is patient..."

Week 6
Set realistic boundaries around the time you will spend scrolling, instead use that time for a life-giving "analog" activity.

Week 7
Look one person in the eyes each day and silently pray:
"You are made by God. You are loved by God."

Week 8
This week cultivate gentleness. Choose to be gentle with someone (maybe that someone will be yourself), when you might otherwise not. Ask the Holy Spirit for help.

Week 9
This week bless what you dread. Each morning, name one thing you fear or resist and pray: "God, bless this. I invite Your goodness into it."

Week 10
Spend at least 15 minutes outdoors each day this week. No screens. Breathe deep.

Week 11
This week have a conversation with your spouse or closest friend about prioritizing your true values over default tendencies. Share about your schedule and be specific.

Week 12
This week make room for the "wow" prayer. At least once each day, pause and simply say (aloud): "Wow, God. You are wonderful."

The Ten Tech-Wise Commitments
from Andy Crouch's *The Tech-Wise Family*

1. ***We develop wisdom and courage together as a family.***
2. ***We want to create more than we consume.***
    - *So we fill the center of our home with things that reward skill and active engagement.*
3. ***We are designed for a rhythm of work and rest.***
    - *So one hour a day, one day a week, and one week a year, we turn off our devices and worship, feast, play, and rest together.*
4. ***We wake up before our devices do, and they "go to bed" before we do.***
5. ***We aim for "no screens before double digits" at school and at home.***
6. ***We use screens for a purpose, and we use them together, rather than using them aimlessly and alone.***
7. ***Car time is conversation time.***
8. ***Spouses have one another's passwords, and parents have total access to children's devices.***
9. ***We learn to sing together, rather than letting recorded and amplified music take over our lives and worship.***
10. ***We show up in person for the big events of life.***
    - *We learn how to be human by being fully present at our moments of greatest vulnerability. We hope to die in one another's arms.*

Books Referenced During this Series:

- The Tech-Wise Family — Andy Crouch
- The Life You're Looking For — Andy Crouch
- The Analog Christian — Jay Y. Kim
- The Anxious Generation — Jonathan Haidt
- The Shallows — Nicholas Carr
- Hate Inc. — Matt Taibbi
- The Uncontrollability of the World — Hartmut Rosa
- The Gardener and the Carpenter — Alison Gopnik
- The Ruthless Elimination of Hurry — John Mark Comer
- Faster — James Gleick
- Renovation of the Heart — Dallas Willard
- Living in Christ's Presence — Dallas Willard
- A Serious Call to a Devout and Holy Life — William Law
- Man's Search for Meaning — Viktor E. Frankl
- The Four Loves — C. S. Lewis
- Mere Christianity — C. S. Lewis
- The Abolition of Man — C. S. Lewis
- The Voyage of the Dawn Treader — C. S. Lewis
- Confessions — Augustine of Hippo
- The Imitation of Christ — Thomas à Kempis
- The Intentional Year — Glenn Packiam
- A Long Obedience in the Same Direction — Eugene H. Peterson
- Just Mercy — Bryan Stevenson
- Lincoln's Virtues — William Lee Miller
- Team of Rivals — Doris Kearns Goodwin
- Death in Yellowstone — Lee H. Whittlesey
- Antifragile — Nassim Nicholas Taleb
- The Science of Revenge — James Kimmel
- What's So Amazing About Grace? — Philip Yancey
- Gentle and Lowly — Dane Ortlund
- Unequal Childhoods — Annette Lareau
- The Coddling of the American Mind — Jonathan Haidt & Greg Lukianoff