

# LIFE GROUP

## DISCUSSION QUESTIONS

### Seek Wisdom April 12, 2026

#### Summary

This weekend, Kyle began the new series *Solomon Gets a Smartphone*. In today's message, he taught that our phones and technology are not the real problem; we are, because we often lack wisdom in how we use them. From Proverbs 2:1–11 and Ephesians 5:15–16, we learn that wisdom must be actively sought and comes from God, bringing understanding and protection to our lives. Technology subtly shapes us to believe we are always in control, constantly distracting us and pulling us away from being present with God and others. The wise response is to set intentional limits, for example, silencing notifications, leaving our phones behind and allowing ourselves to be bored. Then we can remember that God is in control, not us. When we do this, our hearts are reshaped, and we learn to use technology in a healthier, more God-honoring way.

#### Scripture

My son, if you accept my words  
and store up my commands within you,  
turning your ear to wisdom  
and applying your heart to understanding—  
indeed, if you call out for insight  
and cry aloud for understanding,  
and if you look for it as for silver  
and search for it as for hidden treasure,  
then you will understand the fear of the Lord  
and find the knowledge of God.  
For the Lord gives wisdom;  
from his mouth come knowledge and understanding.  
He holds success in store for the upright,  
he is a shield to those whose walk is blameless,  
for he guards the course of the just  
and protects the way of his faithful ones.  
Then you will understand what is right and just  
and fair—every good path.  
For wisdom will enter your heart,  
and knowledge will be pleasant to your soul.  
Discretion will protect you,  
and understanding will guard you. Proverbs 2:1-11 (NIV)

Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Ephesians 5:15-16 (NIV)

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### Let's Start

What's the most random thing your phone has pulled your attention to this week?

### Gratitude and Prayer

How has God been at work in your life since we last met?

### Let's Talk

1. In what way does technology help? In what ways does technology distract and hurt?
2. In Proverbs 2, wisdom is something we must search for. What do you think it looks like to seek wisdom actively—and **follow Jesus completely**—in everyday life?
3. In what ways do you see technology shaping your thoughts, habits or relationships?
4. Why do you think it's so hard for us to be bored or disconnected?
5. Kyle shared three healthy phone practices:
  - Setting your phone to Do Not Disturb
  - Leaving your phone at home
  - Allow yourself to be bored 30 minutes a dayWhich of the three practices feels most challenging? Why?
6. In what ways could boredom be spiritually beneficial?
7. Which boundary around phone use would make the biggest difference in your life right now?

*During this series, Wooddale Church will host Sunday Night Conversations with experts in various technology fields.*

*On April 12 from 6:30–7:30 p.m., in the Great Room, we will welcome Lindsey Bomgren, a certified fitness trainer and founder of Nourish Move Love, a YouTube channel offering free, at-home workouts for women.*

*Her topic, "Influence for Good: Using Social Media with Integrity and Purpose," will explore what it's like to build and lead a social media platform in the public eye while remaining grounded in your values.*

*Through an honest Q&A, we'll discuss the opportunities, challenges and responsibilities that come with having influence online.*

### Let's Act

What is one practical step you could take this week to pursue wisdom in your use of technology?

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