



# STOP

THE SURPRISING POTENTIAL OF UNOCCUPIED MOMENTS

## TALK IT OVER

### STOP Week One

#### The Big Idea

What if the pause is on purpose?

#### Key Verse

(Psalm 23:1-2) "The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams."

#### Start Talking

What did you think about the stats that Cameron shared about technology right now?

#### Start Thinking

Do you think people can actually become addicted to content and technology?

#### Start Sharing

Was there anything in the messages you found interesting or surprising?  
What was your screen time like these last 7 days?  
What do you think are your worst habits with technology?  
What pause do you most often try to fill with content?  
Do you feel busy and rushed? How has technology affected that?  
How do you think not filling these unoccupied times could affect your life?  
Do you take opportunities to listen for God's voice?

#### Start Doing

Recognize the next time you have a pause and when you go to your device... STOP!