

## Instamacy

*Week of August 2, 2026*

### READ

Genesis 1:1-27 ; Genesis 2:18-25 ; Genesis 3:13-19 ; Matthew 18:15 ; Acts 2:42-47 ;  
Romans 5:8 ; Romans 8:6 ; 1 Corinthians 10:23-24 ; 2 Corinthians 10:12 ; 1 Timothy 6:6 ;  
Proverbs 3:34 ; Proverbs 18:24

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### KEY POINTS

- We Were Created for Authentic Community - As a Trinity, God Himself exists in perfect relationship as Father, Son, and Holy Spirit. Because we are made in His image, we are also designed to experience deep, life-giving community.
- Sin Pushes Us Toward Hiding Instead of Being Known - Sin introduced shame, fear, and self-protection. While technology can be a blessing, it can also become another place to hide instead of allowing ourselves to be fully known.
- Technology Is a Tool, Not a Master - Our devices are not inherently good or bad. The question is whether they are helping us love God and people more deeply or distracting us from the relationships that matter most.
- The Church Is Meant to Model Real Community - The early church devoted themselves to Scripture, fellowship, meals, and prayer. Authentic Christian community requires presence, vulnerability, generosity, and intentional relationships. TIME + INTENTIONALITY = RELATIONSHIP
- Healthy Boundaries Create Space for God's Best - Choosing moments to unplug allows us to become more present with God, our families, and the people He has placed around us.

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## QUESTIONS

1. Genesis 1–2 shows that God created us for deep, authentic relationships, but Genesis 3 shows how sin introduced shame, hiding, and broken relationships. Why do you think it's often easier to hide behind appearances or screens than to be fully known by others?
2. "Instamacy" is the appearance of closeness without genuine intimacy. How does 'instamacy' affect your relationship with God and your relationships in community?
3. Paul says in 1 Corinthians 10:23 that not everything permissible is beneficial. How can that principle help us evaluate the way we live and connect with others?
4. What is one practical boundary you could establish this week that would help you become more present with God and the people around you?
5. What does 'unplugging' look like for you this week? How is technology hindering your ability to connect with others in your community? What boundaries do you need to put in place so that you can be fully present?

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## LIFE APPLICATION

- Practice a Sabbath without Tech - Choose one hour each day, or one longer block this week, to intentionally set aside your phone and digital devices. Use that time to pray, read Scripture, enjoy your family, or meet with someone face-to-face.
- Pursue One Meaningful Conversation - Reach out to someone you've only interacted with digitally. Share a meal, grab coffee, make a phone call, or spend intentional time together.
- Evaluate Your Digital Habits - Ask yourself honestly: Does my technology use help me love God and love people, or does it primarily feed distraction, comparison, or isolation?
- Be Fully Present - This week, intentionally put your phone away during one conversation, family meal, or Group gathering; this is an act of loving the people God has placed in front of you.

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## **PRAYER**

Heavenly Father,

Thank You for creating us in Your image and for designing us to live in authentic relationship with You and with one another. Forgive us for the times we hide behind distractions or settle for shallow connections instead of the community You desire for us.

Give us wisdom to use technology as a tool rather than allowing it to control us. Help us become people who are fully present, quick to encourage, and willing to be known. Teach us to build relationships marked by honesty, grace, generosity, and love.

May our lives reflect the kind of community that points others to Jesus.

In Jesus' name, Amen.