

Coming up @ TWIN CITIES

FALL FAMILY FESTIVAL
VOLUNTEERS NEEDED!

SISTER'S CLOSET
SATURDAY, October 11

FALL FAMILY FESTIVAL
CANDY NEEDED!

JR. HIGH WINTER CAMP
FRI-SUN, Jan. 30-Feb. 1

UGANDA JANUARY 2026
JOIN THE TEAM FORMING NOW!

MEN'S GRILL & GATHER
MONDAY, October 6



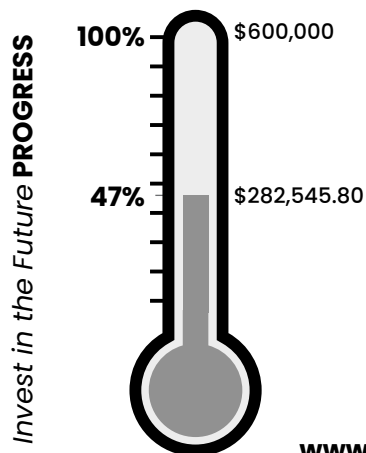
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Connect with a LIFE GROUP

BROWSE THE GROUPS!
Let's be the Church together!



twincities.church/life-groups



We're excited to do life with you! For these & any other opportunities, scan the QR codes above or visit us in the lobby at church on Sunday mornings!

www.twincities.church

WALKING —with— JESUS

SEPTEMBER 28, 2025 • ERIC WAYMAN
Appetite for Distraction

LUKE 4:40-43

LUKE 5:15-16

- **Solitude is deliberate time in a quiet place to be alone with ourselves and God.**

"There is a world of difference between isolation and solitude... Solitude is a chosen separation for refining your soul. Isolation is what you crave when you neglect the first." **WAYNE CORDEIRO**

Open to continue taking notes! →

"Without solitude it is virtually impossible to live a spiritual life. Solitude begins with a time and a place for God, and Him alone. If we really believe not only that God exists but also that He is actively present in our lives — healing, teaching, and guiding — we need to set aside a time and a space to give Him our undivided attention."

HENRI NOUWEN



For group discussion the week of September 28

This Study Guide is designed to help you apply Sunday's message. Join a Life Group and do this study together!

1. This week's message talked about how virtually every gap in our lives is filled by distractions, especially digital ones. When you look back, how did you fill your time before smartphones and other electronic devices? How was your life different at that time compared to now?
2. This week's message was *Appetite for Distraction*. Let's read Luke 5:15-16. What stood out to you in the message or in the passage? Did anything make you think differently about your life?
3. Jesus regularly sought solitude to pray, especially in times of stress, difficulty, and before making important decisions. In the message, we learned that solitude is healthy but isolation is not. How can we tell the difference between healthy solitude and unhealthy isolation? Consider the impact of each. How do Matthew 11:28-29 and Genesis 2:18 shed light on this question?
4. Distractions have a major impact on our lives, especially with regard to relationships. In a quote from the New Yorker Magazine, the author talks about families who eat together but are "alone together" because they are glued to their phones. Where do distractions most often creep into your life and keep you from being present with God and with others? Read Luke 10:38-42 and Colossians 3:1-2.
5. The article in the New Yorker Magazine says that our culture is increasingly without faith because the relentless "noise" produced by the digital age has "removed the very stillness in which it might endure or be reborn." Another voice said, "We are distracting ourselves into spiritual oblivion," because of our appetite for distraction and its hold on us." Why do you think it is so difficult to slow down, turn off the noise, and find the quiet that we need to connect with God? See Psalm 46:1.
6. This week's challenge is to carve out intentional solitude. It doesn't have to be long, maybe ten minutes a day. What's one practical way you could create a small space of silence with God this week? How might this benefit your life?

Next Week:
LOVING OTHERS GENEROUSLY

Watch this message & more at twincities.church

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