



## Immanuel: God with us

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### Matthew 1:18-23

God has said, “Never will I leave you; never will I forsake you.”  
Hebrews 13:5b

“How often do we touch, tap, or swipe our phones?  
About 2,617 times a day.” (Dscout Research)

#### Some technology suggestions to help you experience Immanuel this Advent season:

1. Turn off some or all push notifications.
2. Put screens away during meals as a family.
3. Put your phone to sleep in another bedroom.
4. Put screens away for at least 1 hour per day.
5. Have a “screen-free” day one day per week.
6. Take control of Youtube/Netflix/Snapchat by \_\_\_\_\_.
7. Wake up without checking your phone first.
8. Other: \_\_\_\_\_
9. Set your phone to remind you each hour of God.

#### Questions for discipleship group/personal study:

What is one place of clutter in your home?

#### Read Matthew 1:18-23

How does Joseph feel in Vs. 19? Vs. 20-21?

What does Matthew say is the purpose of Jesus’ birth (Vs. 21)?

Do you agree with Rick that the prophecy quoted from Isaiah 7:14 is a two-part prophecy? Why or why not?

Do you struggle with the idea of the “virgin birth”?

When have you experienced God as Immanuel? When has He been very present to you?

Has this happened recently?

Is technology keeping you from experiencing Immanuel? How so?

Which of the 9 suggestions do you wish to implement so that you will experience a greater sense of God’s presence?

How can your group hold you accountable and celebrate with you “God moments” that you experience this Christmas season?

Questions/comments about today’s message?

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