



CELL GROUP MATERIAL

19 JULY 2026

19 JULY (SUNDAY) SERMON

TL;DR Theology (Too Long, Didn't Read)

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TL;DR Theology

Based on Psalm 46:10

Icebreaker

Question: When was the last time you sat in complete silence for 15 minutes with no phone, no music, and no distractions? How did it feel?

Key Takeaways from the Sermon

1. Stillness is Under Attack

- Our culture is systematically stealing our ability to be still
- Stolen focus = stolen stillness = stolen ability to know God
- The average attention span on screens is now only 47 seconds

2. The Hebrew Root of "Be Still" is "Rapha"

- Rapha means "to heal" (Jehovah Rapha = The Lord Who Heals)
- In stillness, there is healing, hearing, and knowing God
- We cannot be healed if we cannot be still

3. God's Voice is Like Water

- Water has depth, mystery, and fluidity
- Remember that God hovered over the deep, embracing chaos before speaking order
- Deep water isn't loud; that means that Depth requires Attention

4. The Orphan Spirit vs. Sonship

- Orphan mentality: performing FOR approval and love
- Sonship identity: operating FROM approval and love
- Consider God's first words to Jesus: "This is my beloved Son in whom I am well pleased". He said this before Jesus did anything.

5. TLDR Theology is Destroying Depth

- "Too Long, Didn't Read" reduces Scripture to snippets
- Social media is a supplement, not a source

- Scripture is meant to be *entered and dwelt in*, not just consumed (read or listened to flippantly and passively)
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Discussion Questions

Section 1: Diagnosing Our Distraction (15 minutes)

1. **Personal Reflection:** On a scale of 1-10, how would you rate your ability to focus on long-form content (books, extended prayer, deep Bible study)? Has this changed over the past 5 years?
 2. **Cultural Awareness:** The sermon mentioned that people would rather receive electric shocks than sit alone with their thoughts for 15 minutes. Why do you think we've become so uncomfortable with silence and stillness?
 3. **Spiritual Impact:** How has the "war on stillness" affected your relationship with God? When was the last time you spent extended time in His presence without rushing?
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Section 2: Understanding God's Nature (15 minutes)

4. **Scripture Exploration:** Read Genesis 1:1-3. What does it reveal about God that He "hovered" over the chaos before speaking? How does this change your understanding of how God approaches the chaos in your life?
 5. **The Water Metaphor:** The sermon compared God's voice to water—deep, layered, immersive. How is this different from how we often approach God (quick prayers, rapid-fire requests)? What would it look like to "wade into the deep" with God?
 6. **Identity Crisis:** Discuss the difference between doing things FOR God's approval versus FROM His approval. Where in your life are you still striving to earn love rather than living from it?
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Section 3: The Orphan Spirit and Sonship (15 minutes)

7. **Jesus' Example:** Before Jesus performed any miracles, the Father declared, "This is my beloved Son in whom I am well pleased." What does this teach us about the foundation of our identity?
8. **Recognizing the Orphan Spirit:** An orphan spirit says, "I must prove I'm worthy." What are some practical ways this shows up in our spiritual lives? (Examples: guilt-driven devotions, performance-based prayer, comparing ourselves to others)

9. **Living as Sons and Daughters:** What would change in your daily life if you truly believed you were already fully loved and approved by God? How would your prayers change? Your service? Your rest?
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Section 4: Reclaiming Stillness (15 minutes)

10. **Practical Barriers:** What are the biggest obstacles preventing you from being still before God? (Be honest: is it your schedule, your phone, your fear of what you might hear, or something else?)
11. **Flow State (a mental state of complete immersion, energized focus and enjoyment) and Scripture:** The sermon mentioned that Scripture is meant to be "entered into" not just "consumed." What's the difference? Share a time when you experienced this depth in God's Word.
12. **Social Media Reality Check:** How do you currently use social media in relation to your faith? Is it a helpful supplement or has it become your primary source of spiritual input? What boundaries might you need to set?
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Practical Applications

This Week's Challenge: The Stillness Experiment

Choose ONE of the following practices to implement this week:

Option 1: The 15-Minute Stillness Practice

- Set aside 15 minutes daily with no phone, no distractions
- Sit in God's presence and simply listen
- Don't feel pressure to "hear" something—practice being comfortable with silence
- Journal briefly afterward about what you experienced

Option 2: The Phone-Free Morning

- Don't look at your phone for the first hour after waking
- Use that time for prayer, Scripture reading, or worship
- Notice how this affects your focus and peace throughout the day

Option 3: The Deep Reading Challenge

- Choose one book of the Bible (suggestion: start with Philippians or 1 John)
- Read it slowly, one chapter per day

- Use a physical Bible, not your phone
- Take notes on what God reveals to you
- Ask: "What is this showing me about Jesus?"

Option 4: The Social Media Fast

- Take a 7-day break from one social media platform
 - Replace that time with prayer, Scripture reading, or face-to-face conversations
 - Notice how your mind and spirit respond
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Accountability Questions

At your next meeting, discuss:

1. Which practice did you choose and why?
 2. What did you discover about yourself?
 3. What did you discover about God?
 4. What resistance or obstacles did you encounter?
 5. How will you continue this practice moving forward?
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Memory Verse

Psalms 46:10 - "Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!"

Closing Reflection

Group Exercise: Spend 3-5 minutes in complete silence together as a group. No music, no talking, no phones. Simply practice being still in God's presence together.

Afterward, invite anyone who wants to share what they experienced during that silence.

Closing Prayer

Pray together:

- For healing from the "orphan spirit" and a deeper revelation of God's love
- For the discipline and desire to reclaim stillness in our lives

- For protection from the cultural assault on our attention and focus
 - For a hunger to know God deeply, not just know about Him
 - For grace to live FROM approval rather than FOR approval
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Leader Notes

Important Reminders:

- This topic may bring up feelings of guilt or shame for some. Emphasize God's grace and invitation, not condemnation.
- Some people struggle with silence due to trauma or anxiety. Be sensitive and offer alternatives (worship music, nature walks, etc.).
- The goal isn't perfection but progression—any step toward stillness is valuable.
- Model vulnerability by sharing your own struggles with distraction and stillness.

Additional Resources:

- Encourage journaling throughout the week
 - Consider doing a group social media fast together for mutual support
 - Share testimonies at the next meeting of what God revealed in the stillness
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"God is not hidden because He is distant. He is hidden because He is deep. And it is in stillness, reclaimed stillness, that you're going to know Him as you have never known Him before in your life."