



EXPLORE THE BIBLE®

Session 7: Instructions Given
Suggested Week of Use: October 19, 2025
Core Passage: Numbers 33:50-56; 34:13-15

News Story Summary

Earlier this year, researchers from the University of Cambridge published a study showing that people who blocked mobile internet access on their phones for two weeks experienced significant improvements in mental health, life satisfaction, and focus. The study found that even though participants could still make calls and send texts, disconnecting from the constant stream of online content helped them feel more present, productive, and peaceful. Some even said they rediscovered hobbies, spent more time with loved ones, and slept better.

For more about this story, search: “Mobile internet break study.”

Engage

To supplement the “Engage” activities, ask: *When did you first start using a smartphone? How has your phone use changed since those early days?* Discuss responses. Share the information related to research on taking a two-week break from mobile internet access. Note that while those in the study could still make calls and respond to text messages, the lack of internet access helped most of them feel more satisfied and more productive. Point out that removing distractions allowed them to focus on other things in life.

Share that today’s session from Numbers 33–34 examines some warnings God gave Israel about dangerous distractions in the promised land. Say: *Specifically, He said that idolators who were allowed to remain among them would become “barbs for your eyes and thorns for your sides.”* Encourage adults to use this session to hear from God and to identify any potential “barbs” and “thorns” in their relationship with Him.

Challenge

To supplement the “Challenge” activities, remind adults about the study describing the benefits of a two-week break from mobile internet access. Encourage the group to suggest other spiritual distractions people face. Say: *If turning off the internet for two weeks can make people happier and more focused, imagine what could happen if we consistently removed distractions in our walks with God.* Challenge adults to embrace these three actions steps this week:

1. **Identify the Distraction.** Ask God to reveal one thing that consistently pulls your attention away from Him.
2. **Set a Block.** Commit to removing or limiting that distraction this week.
3. **Refocus on God.** Use the extra time to focus on prayer, Scripture, or serving others.