

YOU'VE HEARD IT SAID



LifeGroups



Key things you heard

- We need to set boundaries with social media and technology.
- Considering a social media break? Think about these questions:
 - Is this the wisest way to use my time right now?
 - Am I feeling stressed out?
 - Am I comparing myself?
 - Do I feel sad after using it?
 - Am I finding my worth in it?
- Social media can be an avenue to bring about social change. But it should spark conversations IRL.

Pray: *God, help me live a life of love, honoring others online and in real life. May everything I say, post, and do be glorifying to You. Thank You for Your love. Help me extend it to others on social media, in person, and everywhere I go. In Jesus' name, amen.*



Tweetable Moments



The goal of social media shouldn't be about getting likes but about glorifying God.



We don't have conversations to change someone's mind but to broaden our perspective.



Say What? Questions for conversation

Icebreaker: What's your favorite social media platform and why?

- What was your favorite thing about this conversation?
- Have you ever taken a social media break? If so, what did you learn? If not, why not?
- What are some boundaries you have in place for social media and technology?
- Read **2 John 1:12**. Is there anything we're trying to do online that we should do face to face or at least over the phone?
- What are some ways you can create a healthier relationship with technology and social media?
- How can you use your influence online to make a difference?



Now Go Do It Resources and next steps

Challenge: Consider taking a break from social media, or at least a day off. Talk with your LifeGroup or a friend about what you learn.

- If you're not yet in a LifeGroup, find or start one here: www.life.church/lifegroups
- Start the *You've Heard It Said* Season 2 Bible Plan: www.go2.lc/betternormal
- Read more about Mandy's social media break: www.go2.lc/SMfast
- Watch Pastor Craig's *#Struggles* message series: www.life.church/media/struggles