



**PRINCE
OF PEACE**
Called to Connect

**STUDENT
MINISTRY**

SMALL GROUP GUIDE [HS]

Look Up [Apr 19]

SCRIPTURE | Gen 2:19-25

PROBLEM

Social media promises deeper relationship, but often delivers separation and isolation.

BOTTOM LINE

We were made for relationship with God and with others.

DO HARD THING

Look up.



- Challenge your kids to leave their phones alone during worship tonight!
- Help them get supplies for the challenge cards during worship tonight.

MY GOAL FOR THE NIGHT |



We are, by our very nature, social creatures. We need relationship like we need basic resources such as water and air. In our drive to connect we have created technology designed to make these connections happen. While there are a lot of examples of the good stemming from this effort, we also know just how a-social, disconnecting, and isolating our social technology can be. Instead of being immersed in person to person connection, we are often immersed in the technology that was only made to get us to that point. The challenge tonight is to “look up.” Look up and see that social media is and will always be the penultimate to the ultimate of person to person relationship.

JUST FOR FUN

- See “Just For Fun” page for activities.



“Relationships are harder now because conversations become texting, argument become phone calls, and feelings become status updates.”

DISCUSSION QUESTIONS

- What social media platforms do you use and how often do you use them? How does that compare with the time you spend in-person with those people in unstructured social space?
- What does “healthy” social media usage look like? What criteria do you use? How would you rate your usage, overall? Healthy or unhealthy? How would you rate the usage of your peers, parents? How have you tried to make usage in those areas healthier?
- If the point for Facebook and other social media companies is to get you to look at your phone more often so they can sell more advertising dollars, what ways do you think they will do that in the future? VR? Augmented reality? How will those change the way we do relationship? Will we become closer or further apart?
- Describe the emotion or impulse to check your phone, “look down,” when you are alone compared to in a group. How well does the phone address that impulse?
- What are the moments that you are missing? What would you experience more of in relationships if you “looked-up”?
- What do you think God’s idea of positive social media use looks like? How would we use it? How wouldn’t we use it? How far can social media go in showing people our love and the love of God?



No one is asking you to give up on social media cold turkey. What we are asking you to do is to create a plan for using social media that allows you to “look up” and experience the best your close relationships have to offer.

Name:

Social Media Account	Time Spent Using Daily	Primary Contact (who do you communicate with/)

Who are the people that are most important to you? Who must you have a strong relationship with in order for you to be happy?

Rank your accounts in order by how well they help you to connect with these people.

For one month, commit to dropping the accounts that do not connect you in meaningful ways to the meaningful people in your life.

Use the time you save from the accounts your drop plus half the time from your favorite accounts and set up in-person social time with the people you care about the most. If these are long-distance relationships, then you’re using social media for exactly what it was made for. If they are people you can connect with, then reinvest your time to be with them!

