

SMALL GROUP GUIDE [MS]

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 |

THINK ABOUT THIS

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 of 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 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.

SAY THIS

"We need a new filter when it comes to sex/relationships. It's about seeing God's dream for us with how we can love and be loved. Let's talk!"

DISCUSSION QUESTIONS

- How often do you feel like you are able to spend unstructured time with your friends? Do you feel that you have enough time to do that or not? Why?
- Where are the "digital hangouts" that you go to on social media to connect with people? Most of the time, do you notice a difference between in-person and digital time together? How so?
- How much time do your parents spend on their phones? Why do you think they do that? Have you talked to them about their social media usage?
- Have you had your phone privileges taken away by your parents? What was the reason? How did that conversation go?
- What is the "pull" or "impulse" that draws you to your phone? Do you feel like your phone does a good job of "scratching that itch" or not?
- How is the way you use social media different when you are alone compared to when you're with friends? Is it?
- What do you think healthy social media usage looks like? How should



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/) |
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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!

