

# STUMIN

## FAMILY DAILY DEVOTIONAL



**LET'S TALK ABOUT ... | OCTOBER 11-17, 2023**

**WHEN IT COMES TO SOCIAL MEDIA: BE WISE, DON'T LET IT CONTROL YOU, AND USE IT FOR GOOD.**

*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.*  
*Romans 12:2 NLT*

### >> OCTOBER 11

Instagram, TikTok, Snapchat - social media is a part of everyday life. It has the power to change the way we think about ourselves, our friends, and our world. But Jesus, who always wants what's best for us, offers another option: to let Him transform us instead. When we let things of the world change us, it's not always for the better. But when we let Jesus transform us, we are able to experience the kind of life and freedom that Jesus offers us.

Today, ask Jesus how He wants to transform you. Maybe even ask Him how to transform the way you use social media. Imagine a life free of the pressure of the world. That's exactly what Jesus wants for you!

*Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.*

*James 1:19 NLT*

### >> OCTOBER 12

Have you ever seen something on social media that made you really angry? It's pretty easy to let people's posts and actions make us mad. Jesus knows just how easy it is to be quick to anger because He was human, too. Yet, instead of being the kind of person who gets mad easily, Jesus gives us a different example. He is quick to listen, slow to speak, and slow to get angry. Why? Because He loves us!

Memorize this verse as a challenge to yourself to follow Jesus' example. The next time you see something on social media that makes you angry or frustrated, ask yourself: How can I be quick to listen, slow to speak, and slow to get angry in the way I respond?

*But no one can tame the tongue. It is restless and evil, full of deadly poison. Sometimes it praises our Lord and Father, and sometimes it curses those who have been made in the image of God.*  
*James 3:8-9 NLT*

### >> OCTOBER 13

Our words have a lot of power, right? Well, social media gives our already-powerful words a platform to be seen by and make an impact on the whole world. Sometimes, we speak words of life, love, and encouragement to people. But other times, we gossip, complain, and talk badly about others. Here's the thing: God sees and hears all our words, the good and the bad. Yet still, God only speaks words of love to us. God only thinks good things about us. So, why not do the same for others?

This week, talk to a friend, small group leader, or parent about how you can use your social media for good. How can you make a positive impact with your posts, comments, and messages?

*How can you believe since you accept glory from one another but do not seek the glory that comes from the only God?*

*John 5:44 NIV*

## >> OCTOBER 14

More than ever before, social media gives us an opportunity to do two things: to compare ourselves to others and to listen to what others have to say about us. It is so tempting to want to gain approval from the world around us! But when we start focusing on the approval of others, we lose focus of what God has to say about us. And guess what? God has only good things to say about you. So, the next time you're tempted to believe the words of others over what God says about you or to compare yourself to someone else, remember that the only approval you need is God's. And that's something you already have!

Take time today to pray, asking God's Spirit to remind you that God's approval and love will never change.

*If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.*

*James 1:5 NLT*

## >> OCTOBER 15

Have you ever been stressed out because of the time you spent on social media instead of doing what you were supposed to be doing? We keep scrolling, or watching YouTube videos, or making that TikTok because we want to. But eventually, it creates more stress because we didn't do what we actually needed or were supposed to do. Thankfully, we can always ask God for help with anything, including with how we use social media.

So today, take a few minutes away from social media. Instead, talk to God. Breathe in, ask God to help you use social media wisely (especially in regulating how much time you are spending on it!), and thank God for the wisdom God gives us in everything.

*And then he told them, "Go into all the world and preach the Good News to everyone."*

*Mark 16:15 NLT*

## >> OCTOBER 16

If you could guarantee that the whole world was listening to you, what would you say? The truth is that with social media, the world is listening! You get to use your voice to spread good news! "The Good News," according to Jesus, is that He came to forgive our sins and give us a way to be close to God again. That's definitely something worth sharing!

As you think about how you can use your social media platforms for good, find one way to share the Good News of Jesus with others. Maybe it's creating a TikTok that shares some of your own faith story, or posting a worship playlist or verse you love. Whatever it is, find a way to share the Good News online this week.

*Getting wisdom is the wisest thing you can do! And whatever else you do, develop good judgement.*

*Proverbs 4:7 NLT*

## >> OCTOBER 17

Wisdom is one of those words we probably know, but might struggle to define or fully understand. One of the ways we can begin to learn what it is, is by growing in it by memorizing scripture. This week, challenge yourself and a friend or family to memorize this verse together!

Have one person memorize the first line and the other memorize the second. Each time you see each other, immediately recite it! Once you've mastered that, switch lines and do it again.