

Conversation Guide

Social Media pt. 1

Part 1 summary

- Many of us get on social media with one task in mind, only to get sidetracked by others' posts for long periods of time.
- The reason why it's so common to spend hours on social media is because the creators specifically designed these platforms to be addictive.
- It's important we're aware of how social media's design impacts us so that we can make better decisions with our technology.

1. A Social Experiment

2. Picture Perfect

3. Digital Empathy

4. The Lost Arts

Discussion questions

01 Do you find that you get distracted easily for long periods of time while on social media? Explain what happens.

02 Do you think "addictive" is an accurate way of describing social media? Why or why not?

03 Does it surprise you that social media platforms are guiding your habits according to their own agendas? Why or why not?

Diving deeper

Prov. 4:7 says, "The beginning of wisdom is this: Get wisdom, and whatever you get, get insight." There are many areas of life where it isn't obvious how we should proceed. Instead, God wants us to seek wisdom and His leading as we attempt to make good decisions. What are some areas where you lack wisdom when it comes to your social media use? How can you grow in wisdom and self-control in those areas?