

Conversation Guide

Social Media pt. 3

Part 3 summary

- One key to having healthy social media habits is practicing gratitude.
- Another is to evaluate and manage our expectations, treating others the way we want to be treated.
- We also need to be realistic about how much time we have and how many relationships we can maintain. Most importantly, we need to find our identities in God and rest in His love.

1. A Social Experiment
2. Picture Perfect
3. Digital Empathy
4. The Lost Arts

Discussion questions

01 Do you think you have a habit of being thankful? How much do you think you complain versus express gratitude for something?

02 Do you meet the expectations you have for others on social media? How can you adjust your expectations so that they're more realistic and fair?

03 Is there anything you can change about your connections or how you spend your time that would help you use social media with more intentionality?

Diving deeper

Phil. 2:3 says, "Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves." Paul writes this exhortation to believers based on Jesus' sacrifice for us. Can social media ever help us to think of others as more important than ourselves? What would it look like for you to use social media in a way that helps you to value others more than yourself?