

SOCIAL MEDIA

Explaining What is Lost with Early & Frequent Use

IDENTITY

Social media is a comparison haven. Even with a solid sense of self-worth, it is easy to begin subtly defining yourself by the world's standard instead of God's truth.

FOCUS

The algorithm chooses the content you see and its one goal is maximum engagement. Focus is hard enough in this world and the longer you can spend building up your focus and prioritizing muscles, the better you'll be.

FRIENDSHIPS

Competition and comparisons are the unspoken games played on social media. Your envy or their jealousy can silently tear your friendship apart. We are called to spur one another on - not tear each other down.

CHILDHOOD

While you may no longer desire childish play, there remain beautiful and simplistic aspects of childhood and adolescence lost or corrupted by online media. Enjoy this freedom while you can, you have the rest of your life to bear the weight of adulthood.

SLEEP

Wrestling with the drama that encircles social media activity can keep you up at night, anxious, worried, lonely, or on your phone. Good sleep is essential for your physical and mental health.

FAITH IN JESUS CHRIST

Social media promotes the worship of self. Under the guise of "sharing life," the sinful flesh finds validation and seeks it more and more. You cannot worship yourself and Jesus; one must win out.

