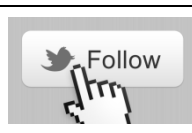


FOLLOWERS Part 4 10 Commandments of Using Social Media



Are we struggling from?

- | | |
|---------------------------|------------------------------|
| a) INFORMATION overload | d) Unreasonable EXPECTATIONS |
| b) COMMUNICATION overkill | e) Chronic DISTRACTION |
| c) Unhealthy COMPARISON | |

→ *Can you see the effects of any of those amongst your friends and family? Do you experience any of those? What steps have you taken to counter them personally?*

Introductory Premises:

- a) Social media has radically CHANGED the LANDSCAPE.
 - b) Social media has very POSITIVE, helpful, fun uses, but also NEGATIVE, risky, even destructive properties.
 - c) Social media is highly ADDICTIVE.
 - d) Social media is HERE TO STAY.
- *How has social media changed the landscape? What do we see that we just wouldn't have noticed a decade ago?*
- *What are the positive, helpful, fun uses? What are the negative, risky, even destructive ones?*
- *Is it addictive? Are you addicted? What are the signs of addiction?*
- *What will the social media world look like in a decade? What effect will it have on how the next generation see and interact with the world? What might we lose?*

10 Commandments

1. Put GOD FIRST in all you say and post (1 Corinthians 11:31).
 - * You have the power to INFLUENCE those watching; don't WASTE that power, or worse, ABUSE it.

→ *"Whatever you do, whether tweeting, commenting, posting or uploading, do it all for the glory of God." What does that look like? How can you glorify God online?*
2. LOVE OTHERS as you want to be LOVED (Luke 6:31).
 - * Remember TRUTH must always be enfolded in GRACE and LOVE.

→ *'Tweet/like/comment unto others as you'd like them to tweet/like/comment unto you.' Why do people say things online they'd never dream of saying to someone's face? Should you get involved in online 'debate' and how?*
3. Use social media to FACILITATE, not REPLACE real relationships.
 - * Choose BEST over GOOD, REAL over IMITATION, AUTHENTICITY over APPEARANCE, INTIMACY over INFORMATION..
4. Use social media instead of being CONTROLLED by it as an IDOL.
 - * LEVeRAGING social media imaginatively is a good thing, EXCESSIVE, OBSESSIVE, INVASIVE are not.
 - * The moment you realise there is something getting IN THE WAY of your RELATIONSHIP WITH THE LORD, tear that IDOL down.

SIGNS OF UNHEALTHY OBSESSION

- a) How concerned are you how many followers you have? Do you even know?

- b) How many times a day do you check? What would be considered reasonable? At what point has it become addiction? Idol?
 - c) How emotionally reactive are you to what you post? Do you check through list to see who's 'liked,' or worse, who hasn't?
 - d) Is it regularly impeding conversation at home?
 - e) Do you Facebook message your own husband while they're in another room in your house?
 - f) Do you send public love-notes to your partner on social media? Really – so everyone can see how healthy your relationship is? I'm not so sure!
 - g) How much time do you waste playing inane games? I'm all for relaxation, but ...
 - h) Does your social media use get in way of your relationship with Lord?
- *Are you at risk from any of those? What about h)? Any changes needed?*

5. Turn your VIRTUAL OTHER CHEEK to posts that OFFEND you (Proverbs 19:11).
 - * Are you QUICK to REACT and SLOW to offer GRACE or vice-versa?

→ *Why is offence so damaging and what does Jesus advocate instead? How does social media play into all this?*
6. Do not post out of EMOTION.
 - * Never post out of ANGER, FRUSTRATION, PAIN, REVENGE, INSECURITY, ANXIETY
 - * CG: "If you're wondering whether you're responding out of emotion, remember this: When in DOUBT, WAIT IT OUT."
 - * Don't post your DIRTY LAUNDRY, what only your BEST FRIEND should hear, what you wouldn't want your MOTHER or PASTOR to read!

→ *Why is posting out of emotion dangerous? What fall-out have you observed? What steps could you put in place to stop yourself from doing so?*
7. Always REFLECT Jesus, LOVING God whether ONLINE or OFF (Matthew 27:37-38).
 - * Interesting test: Go through everything you've posted in the last month, imagining you're looking at someone else's timeline and ask whether you're happy with what you see. What conclusions would you draw?

→ *Does what you have posted over the lasta month accurately reflect what you say you believe? Would your timeline attract people to Jesus or repel them? Would they even notice? How can you reflect Jesus online without being corny, excessive, hypocritical?*
8. Do not use social media to FUEL TEMPTATIONS.
 - * Set up PROTECTIONS, use PARENTAL CONTROLS, get an ACCOUNTABILITY PARTNER.
 - * Know where the TEMPTATIONS are and RUN.

→ *What in appropriate stuff have you stumbled upon by accident? What steps have you put in place to protect yourself and your family?*
9. Form your own OPINIONS; don't FOLLOW the CROWD (Proverbs 15:2)
 - * Be WISE and DISCERNING, use COMMON-SENSE and engage your BRAIN before retweeting, liking or following.

→ *What ungodly agendas are being aggressively pushed online? How can you filter out the truth from the lies? How do you decide what to retweet or like?*
10. Do not base your IDENTITY on what people think.
 - * Social media can feed EGO or reinforce INSECURITY ... Neither are good news!