



Social Media

Women's Discipleship Class – September 11, 2019

Jeremy Lewis

**Verses Covered This Week**

*Ephesians 4:25 - 29*

*Ephesians 5:7 – 11, 15 - 16*

*John 8:32, 14:6, 16:13, 17:17*

*1 Peter 2:9 – 10*

*Psalms 139:13 – 16*

*Philippians 4:6 – 7*

*Romans 12:2*

*1 Timothy 6:11*

*2 Timothy 2:22 – 26*

*Colossians 4:5 – 6*

*James 4:7*

Good evening. I hope you can hear me. Welcome, welcome. I'm not Chris Osborne. I'm the younger, taller, equally bald version. My name's Jeremy Lewis. I'm the Student Pastor here at Central. And so you guys get me tonight. But hopefully we'll have a good time tonight and we'll get some good information. Let me open us with a word of prayer and then we'll dive in and get moving. Let's pray.

Father, God, we do thank You for just the opportunity to come before You in prayer. We thank You for the gift of Your presence and Your attentiveness to our needs and our hearts, God. We just pray that You would be present with us today. That You'd speak to us from Your word and the truth of Your Spirit, God, encouraging us to be wise in how we work through issues in this world and in this culture. Lord, I thank You for these ladies and pray that You just bless and encourage them tonight. We pray all this in Jesus name. Amen.

Well, tonight I was asked by Pastor Chris if I would speak on the topic of social media. And so that is where we're going to go tonight. You should have a light purple piece of paper in front of you. Let me start by telling you a little story. What we're going to talk about tonight, first let me just say this. While it will address specifically social media, it really will talk about technology in general, internet, video games, television, music, etc. Some of these areas we're going to talk about; we'll address all of those. So just be aware of that.

I was at the doctor's office on Monday and a father came in with his two children. And both had some sort of gaming or technology device. They both came in and they both sat down and they were going. Doctor came and called their name. They get up, the girl sets hers down, she walks in, the dad walks in, the boy has not moved. He is frozen in the seat. And, I mean, he's just thumbs are going, thumbs are going. And he calls him and calls him. He finally walks over and gets him by the arm and stands him up. And then he turned into one of those little house vacuum cleaners that go by themselves. Because literally he walked like this. And literally to whatever was 6" above his feet that came into his vision, he would stop. And when he walked through the door to go into the doctor's office, he walked to the edge of the door and the Father would stand there and he'd just stop. At this point he has literally never looked up and is still going. He's now standing in the door. The nurse is holding the door. She can't close the door because he's still there completely consumed with this technology. And finally, the dad grabs him, pulls him through the door, and the door closes. So I don't know what happened after that. It might not have been good.

But the point is, we are a culture consumed with technology. Like I said, whether it's television, internet, video games, music, and we are also completely consumed with multi-tasking. I don't know how many of you guys do this, but I've even found myself sometimes I'm watching TV and I've got the phone and I'm doing something on the phone while I'm watching TV, right. Or sitting at the office working on the computer with music in our ears watching something. We are so distorted and distracted by the media that is coming at us from every direction. And so tonight we're going to look at some dangers, some pitfalls, of social media. But let me start by saying this. Obviously social media in and of itself is not evil, it's not of the devil, it's not horrible. It's basically amoral. It's just a tool. And it's how we use that tool. So social media can be used for some incredibly positive things. Obviously communication, connecting with family. Ministry is a huge opportunity. I know there are some of you, maybe in this room, there's certain of you that are on Facebook and I have followed and see people using Facebook to do incredibly encouraging things, servant works, through social media. So social media can be something that we use that brings glory to God, that honors people, that's positive. But at the same time, anything that's out there, Satan is going to try to use to twist, distract, and distort us from God's will and direction for our lives. And so we're going to look at that tonight and walk through several things.

So let me start with a little survey. How many of you have a Facebook account? Just show of hands, Facebook account. Let's do this. Put them down. How many of you do not have a Facebook account? There you go. Alright. How many of you are on Twitter? Alright, good. Pinterest? There we go. Me, no, sorry. Hey there's some good stuff on there, though. I've browsed through there. What about Instagram? OK. Alright. Snapchat? And there it goes, no more. Tiktok? OK. Anybody have a YouTube account? So here's what we just decided right there. Everything you raised your hand for, your teenager did not, right. And everything you left your hand down for, your teenager raised their hand. OK. So here's the simple information about the key social media apps. And you've got it on the back of your paper. But some of the key ones are, the number one social media app in the world is Facebook. But the teen involvement in social media with Facebook is on the decline. Number two in the world is YouTube. Now YouTube's a little harder because a lot of people don't have accounts. You just go there and you can watch videos. Anybody can kind of access it. But it's number two in the world. Among adults, of course obviously in this room, Pinterest is apparently number two. But in General, Twitter is pretty strong in the United States. It's not big globally. But for students, it's a dueling battle every year, back

and forth, Instagram/Snapchat. And YouTube is kind of this different thing out there. But students are heavily involved in YouTube. In fact, you can make a full time living salary doing YouTube videos. I'm not sure how that is, I've got to figure that out because that sounds like a pretty good gig. But their business is YouTube videos. So that's out there. But students love Instagram. They love Snapchat. Why? It's not words, there are some words, but it's video, it's photos. And they're all into it. So if you're wondering where students are at, that's where they're at. If you're wondering where adults are at; you already know because you're there. Here's one thing I would say, and we'll talk a little bit more about this as we get to the end, but we're going to take a broad spiritual approach, biblical approach to some things tonight.

The one I would give you the most warning about of these primary ones, is Snapchat. I don't know if you know much about Snapchat, but if you're a parent, here's what you need to know about Snapchat and why people love Snapchat. You post a video, you post an image, and within 10 seconds it disappears, it's gone. Now somewhere it's still there, right. Snapchat has it somewhere probably. But for your page and for people's ability to go look at your Snapchat and see what you posted, it's gone. OK. It just disappeared. So you can send something to someone, nice/mean/inappropriate/whatever, and in 10 seconds, it's gone. The only way it can be shared is if they screen shot it as soon as you send it to them. And, in fact, on the Snapchat, if you look on the sheet, at the bottom of that Snapchat definition, they actually give a warning on their own app that says, "Beware someone can take a picture of your Snapchat." So they know why people are using it. It's so they can send something that cannot be recorded and then they warn you, by the way there is a way someone can get this information if you don't pay attention. So just be aware, if there was one app that I would discourage of these main apps, it's Snapchat. Now let me say this too, we're not going to go into a lot of details about every social media application tonight. One, there's about 6 billion out there. Two, in six months we would have to redo this because they will all change. The top four or five or six are there, but they are pumping them out constantly, constantly, constantly. So if you're a parents, the one thing I would say to you right up front is, you should know every app your student has access to and you should go research it. And they should never get on an app without your approval. So that's just a big, broad, what do we do with social media apps and children tonight to get us started.

## **7 Dangers/Pitfalls of Social Media**

I want us to look at seven dangers, or pitfalls, of social media tonight. So on the other side of your page you've got there, and I'm going to walk through these fairly quickly, I think. But again, these would apply to technology in general, but specifically to social media tonight. And here is the first one.

### **Time**

It's simply the word **Time**. Ephesians 5:15 & 16 says this:

*<sup>15</sup>Look carefully then how you walk, not as unwise but as wise, <sup>16</sup>making the best use of the time, because the days are evil.*

Your passage may say redeeming the time. God has given us 24 hours a day, 365 days a year. He's called us to use that time to honor and glorify Him. And social media, technology in general, is one of the greatest time thieves we can face, right. We start scrolling, we start searching, we start reading, we get on some link/tab, we start reading all the articles, and the next thing you know,

it's an hour later, we're 14 pages down the rabbit hole and we're still scrolling with our thumbs, right. So we need to be aware that time is something that God has given us. It's a gift. It's a responsibility and we are to use it wisely for His glory. And social media can very quickly steal that from us. So what are a few areas that time gets stolen from us?

1. **Social media/technology can be an addiction.** It can be something that so consumes us we can't put it down. Maybe this applies to some of us in here, right. Are you one of those people that you get separated from your phone you freak out? Could you go a day, a week, without that technology? Would you like to try it? Are you willing to do a social media/technology fast? As your kids. Every year we go to camp, don't bring your phones. I mean it's like we took their arm off. "How am I supposed to exist?" There's no cell service. "I'll find it. I'll hotspot. I'll climb a mountain. Whatever it takes so I can get my signal." You see kids walking around camp like this. "Hey! Get on my shoulders, right." Because we are addicted to this connection, right.
2. **Rest.** Scripture talks explicitly about our need for rest. God's designed us that we can't just go 24/7 without rest, without sleep, without replenishing our body. So that we're dependent on God. And yet, very quickly, if you have a teenager, you've probably had to go in sometime and "Go put the phone away. Get off the computer. Put up the phone." Because at two or three in the morning, they'll still be going. Just go on Twitter or Instagram and just scroll and look at when people are posting stuff. Sometimes I'll get up in the morning and I'll be scrolling through and be like, "That was 3 in the morning! What were they doing at 3 in the morning?" I mean I've been asleep, my wife's been asleep for like 8 hours at 3 in the morning. She just got up. That's another story. But we are obsessed with this and we're sacrificing our physical well-bearing.
3. **Worship.** Even for me, sometimes it's music. I can just start listening to music, scroll on YouTube, checking out new songs. All of a sudden it's like, "I was going to spend some time in prayer tonight. And yet, I've got to go to bed." So our worship can be affected by social media.
4. **Ministry.** Again, anything that robs time, is stealing our time to serve other people.
5. **Relationships.** And this is probably one of the biggest ones. Maybe you're experienced it in your own home. Maybe it's you. Maybe it's a spouse, child. Where we're so consumed with the screen that we're not focused on one another, right. And if we get to that point then we need to really evaluate where we're at in controlling social media in our own lives. Why do you think that is? There's a couple reasons.
  - a. Constantly new material. I mean if you think about this, Twitter, Instagram, Snapchat, whatever it is, every second of every minute, new things are being posted. You can look at it and 15 minutes later, there's something new. Somebody else posted. I've got to keep up. The same with TV. You can scroll down; you can see what's on for the rest of the day. You can decide what you're going to watch. You can TIVO it, pull it up later, you don't have to worry about it, right. But with social media, it's non-stop, 24/7. I don't know, some of you

guys remember, if you're under probably 40 you have no concept of this. When I was a kid at like midnight, TV ended. You guys remember this? The National Anthem played. There was the wavy flag. And the National Anthem played and then it was just snow. For six hours literally nothing existed, like the world ended. And then Saturday morning, like me, I was a kid, you would get up and you'd be sitting there in front of the TV watching the snow waiting. Waiting. Waiting. And then would come the flag again, we're back, America's alive. And then you watch Looney Toons or whatever came on. Somebody would be like, "Are you kidding? Wow! When were you born? 1920?" But that is how far we have come with technology, right. In about 40 years, I'm older than 40, but I was just a kid then. In 40 years we've come from like the world ended to 24/7/365 non-stop, every direction coming at us, and we have to choose to unplug.

## **Truth**

I think this is one of the biggest words that we use with students today. Because we are under assault in the area of truth. John 8:32.

<sup>32</sup>You shall know the truth, and the truth shall set you free.

John 14:6.

<sup>6</sup>Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.

John 16:13. Then Jesus says:

<sup>13</sup>When the Spirit of truth comes, He will guide you into all the truth, for He will not speak on His own authority, but whatever He hears He will speak, and He will declare to you the things that are to come.

John 17:17.

<sup>17</sup>Sanctify them in the truth; Your word is truth.

So Jesus is truth. The word is truth. The Spirit is truth. And truth sets us free. And we live, so many people, live enslaved to lies in our culture. In fact, I was just talking to one of the college students about the college girls are going through Lies Women Believe. Why? Because Satan is the master deceiver. And social media is full of lies. What are some of the things we see? False reality of self. People, we are lying to others, right. We're not showing the picture of us at our worst, right. One Facebook, we're never showing the worst. We're showing the best picture, right. As is everybody else. We're putting out these false fronts, right. Also, culture vs. our faith, right. Culture vs. Christianity. The culture is using social media to promote their agenda. I mean it's out there. So we have to be aware of truth and lies and understand. Hey just because we live in this whole false news, right, fake news deal, right. And that's true politically or whatever. But it's also true culturally, spiritually, morally, and it's coming at us, it's coming at our children from every direction. So we need to make sure that we are getting truth from the one absolute source

which is Jesus Christ, the word of God, the Holy Spirit, and not allowing culture to shape us. And, of course, again, social media, we're getting all these voices trying to tell us and our students, hearing it, believing it, living it. So truth is critical.

### **Identity**

After truth, when we begin to struggle in the area of truth, is this word: identity. When we start believing lies, then we begin to struggle with our identity. I want to read to you 1 Peter 2:9. It says this:

<sup>9</sup>But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellencies of Him who called you out of darkness into His marvelous light. <sup>10</sup>Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

You might also write down Psalm 139:13 – 16 where it talks about you are fearfully and wonderfully made, right. We have a culture that is just consumed with this false sense of identity. And Satan's master at this.

<sup>13</sup>For You formed my inward parts; You knitted me together in my mother's womb. <sup>14</sup>I praise You, for I am fearfully and wonderfully made. Wonderful are Your works; my soul knows it very well. <sup>15</sup>My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. <sup>16</sup>Your eyes saw my unformed substance; in Your book were written, every one of them, the days that were formed for me, when as yet there were none of them.

He knows, we go one of two ways, right. We either struggle with feeling unworthy or we struggle because we feel we are better than others, right. So we get in this comparison mode in the world and we either go, "Look, I'm jealous, I covet, I feel bad about myself." Or, "I'm better than that." And so I feel fine because look at them. So I'm doing alright. I don't need God. Or I feel horrible because look at them. I'm not worthy of God. Satan plays both sides of the coin because he knows our heart. He knows where we're at. He's deciphered our weaknesses and he's going to pull us one way or the other in our identity. And so when we go on Facebook or Instagram or Twitter and we see all these things and we see that family is so awesome or she's got it all together. I wish I could do that. And we begin to devalue ourselves and lose sight of who we are in Christ. That He's made us, we are His workmanship, created for His purposes. And so many of our teens, our young adults, in fact and this is interesting, just yesterday or day before, there's a pastor in California who committed suicide. In struggle with depression, struggle with issues, and I don't know if it was directly related to just social media, but it just shows Satan is the master at just dragging us down the well when we lose sight of truth and we lose our identity in Christ. And so identity is crucial for us to be grounded in who we are in Christ and not be led astray. And so social media is such a pitfall because there's so much deception there that makes us think people are not who they are and we're not who we should be.

### **Stress**

Why would social media stress me out? But it comes out of that same vein. We fail in the area of truth; we start struggling with our identity. We feel like we can't measure up. I'm overwhelmed. I need to keep up with the Joneses. Look at that life. How do I do that? Anxiety sets in, depression,

harm, feelings of just unworthiness, and so we just get so bogged down in our life that we feel like I can't measure up. I can't keep up. I have to do more; be more. And so we go down this spiral where we end up in this place where we just feel completely defeated, completely exhausted, completely worn out, because we've tried to measure up to what the culture says we have to be. So I see this here, I try to emulate it, imitate it, and I can never get there because it's not real. Philippians 4:6 – 7. You probably know these verses.

<sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

I love that last part. It guards our hearts and our minds. Our hearts are the center of who we are. It's our emotions, it's our will, it's all that God has placed in us. And then our mind, Romans 12:2 says:

<sup>2</sup>Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

So we need to protect our mind and our heart. And we do that through the peace of God when we trust Him and we place this anxious anxiety issues in the Lords hands instead of trying to do things on our own.

### **Relationships**

There's a little meme out, maybe you've seen this. It's a little video meme. There's a little kitten on a table, couch, something, and there's a person (you can't see their hand) but they're sliding a cell phone toward the kitten. And the meme says "Millennials when the phone rings." And they're sliding the phone toward the kitten and the kitten's back peddling back going, gets to the wall, starts back peddling up the wall until its straight up on the wall. And then falls over backwards on top of its back. Why? Because it's so freaked out by the phone ringing. We face this all the time with teenagers. You text them, no reply. You call them, no answer. There's this new mentality like, "I didn't really receive it if I don't actually reply to you." "If I don't reply, then it doesn't exist." Apparently. "Did you get my text?" "No." "Check your phone." "I didn't get it." So there's this thing, we are just, one, we are afraid, we don't even know how to make a phone call anymore, right. The old rotary phones. They put one in front of some teenagers; lost. Some of you are like, "What's a rotary phone? I don't know what that is." But we are afraid of communication. We're afraid of dialog. As long as we're behind a screen everything's great. But I have to come out face to face? Then there's issues. What's one of the biggest issues? Here's a funny thing. If you look on the back, you don't have to flip back over there, but I underlined a lot of the words and a lot of them talk about connect, communicate, find your friends, be yourself, all these things, and yet we can find ourselves and be connected to people when we're not actually with them. It's the weirdest dichotomy. Social media is supposed to bring us together, but it brings us together when we're not together. But when people actually walk into your room, they don't know how to function. Students don't know how to carry on conversations. They're awkward. And this is becoming a bigger problem: isolation. I mean honestly and not to chase a rabbit here, but we see a lot of the issues with suicide, harm, even some of the things we've seen with mass shootings and these things, isolation. People off by themselves. They've lost contact



with others. They don't have relationships. There's no accountability. Why? Because they're just locked into a fake world on a computer. OK.

Other things. We've already talked about just communication is broken down. Horrible relational skills because all we're doing is communicating with our thumbs and our eyes to a screen. We're not sitting down and getting to actually know people in a one on one relationship. And then of course one thing about internet whether it's social media or any other avenue, is once you get on there, you don't know who you're communicating with, right. And so we need to be very careful about the connections we may be making. We've seen over and over people innocently get connected with someone, whether it's something dangerous for them or just leading them down a path that's dishonoring to God. So we need to be very cautious about the connections we make on social media. Ephesians 5:7 – 11 says this:

<sup>7</sup>Therefore do not become partners with them; <sup>8</sup>for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup>(for the fruit of light is found in all that is good and right and true), <sup>10</sup>and try to discern what is pleasing to the Lord. <sup>11</sup>Take no part in the unfruitful works of darkness, but instead expose them.

So that's just a caution for us that as we go on social media, we need to be careful about the connections we're making because there are a lot of pitfalls there.

### **Testimony**

This is one that is kind of a soapbox for me. I see it all the time. It frustrates me somewhat with teens, but honestly with adults all the time. If you're on Twitter, how many of you are on Twitter? Not that many. Me. Twitter is like the Christian place to bash each other. Let's just put it that way. A lot of high profile Christian speakers, authors, pastors, they're all on Twitter, right. And somebody will post something and it's like, "I don't agree." And boom, one person tries to have a conversation and 47 other people jump in. Facebook is this way too, right. We are ruining our Christian testimony and witness on social media to the world. OK. Here's the bottom line. The Bible gives us a diagram for how to deal with conflict within the church and none of it has to do with social media and none of it has to do with public confrontation. OK. It's always go to the person, take someone with you, take it to the church, and then the church goes from there. And yet we decide, I'm going to take it upon myself to expose this person to the world in a public forum and create this explosion of a disaster, firestorm, on social media. And the world sits back and goes, "Yeah, I want to be part of that. Where do I sign up?" No. Because they go, "Man, Christians are just devouring each other." In fact, there's a little phrase that says, "The Christian army is the only army that shoots its wounded." Someone goes down, we're on them. And used to it was some little gossip in the church, right. Now we're just blasting it everywhere. Facebook, like the comment section, don't even go there. They should just outlaw it. No comment section. If you are offended or if you feel like you need to speak to someone's life, you can send them a direct message, right. You can pick up the phone and you can call them, "Hey, let's get together for coffee." But instead we just fire. And you can't get it back. So we need to be very aware of four areas:

1. Speech. This is what I always tell our students. I think for some reason we think because I type it, it's on a screen, and I'm disconnected from it, it's not the same as if I said it. If you're writing it, it came out of your mind, which is the same as the words



came out of your mouth. So what we're putting on social media, our words, anything that scripture says about speech applies to anything we write or any video we put out, anything we like, or we retweet, or share is the same as if we said it ourselves. So we need to be aware of what our testimony looks like.

2. Image. What are we putting out there? Appropriate? Inappropriate? This is a struggle for students, but it's true for us as adults as well.
3. Anger. We don't like something somebody said and all of a sudden without thinking, without really praying through something, we lash out on social media.
4. Impersonal. The Bible says if we see someone stumbling, we're to go to them in gentleness with the goal of restoring them. Not go to them in harshness with the goal of destroying them.

So we need to take this concept of our testimony in public forums very seriously. I'm going to read for you just a couple passages. There are several here, but I'll read a couple of them to you. In fact, Ephesians 4, Chris just walked through this. But just a couple of the key verses.

#### Ephesians 4:25 – 29

<sup>25</sup>Therefore, having put away falsehood, let each one of you speak the truth with his neighbor, for we are members one of another. <sup>26</sup>Be angry and do not sin; do not let the sun go down on your anger, <sup>27</sup>and give no opportunity to the devil. <sup>28</sup>Let the thief no longer steal, but rather let him labor, doing honest work with his own hands, so that he may have something to share with anyone in need. <sup>29</sup>Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.

#### 2 Timothy 2:23 – 26

<sup>23</sup>Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. <sup>24</sup>And the Lord's servant must not be quarrelsome but kind to everyone, able to teach, patiently enduring evil, <sup>25</sup>correcting his opponents with gentleness. God may perhaps grant them repentance leading to a knowledge of the truth, <sup>26</sup>and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will.

That's social media right there, right. Delete all your accounts. I mean I don't know what says social media better than that right there. But that just says that is how we should be representing Christ in a public environment.

#### Colossians 4:5 – 6

<sup>5</sup>Walk in wisdom toward outsiders, making the best use of the time. <sup>6</sup>Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

So, testimony's huge and I think we all have to constantly evaluate: what is my image, what is my testimony, what is out there for the world that I'm putting on Twitter or Instagram or Facebook or wherever I'm at?

### **Temptation**

I put several words down there: lust, sexting, emotional relationships, and adultery. This is really, falling into inappropriate relationships through social media. I'll give you an example. This will kind of give away a little bit of my background. There is a website called Texas Bowhunters Forum. So I do hunt. But it's an interesting forum because there's all kinds of different sections in there. But a lot of these guys are Christians. There's a lot of spiritual things. And a few weeks ago a guy put on a forum basically just asking for prayer. It happens all the time. It's really kind of crazy. But basically because he found out that his wife had been communicating with some other man through a social media app and she was basically in an emotional affair. And she had never met the man. And their marriage was on the brink of collapse and he was trying to walk through, you know, what do I do? Of course, you have a lot of Christians saying, "Hey, here's some good advice." You had non-Christians going, "Man, throw her out." So you had both sides of the argument. But the bottom line is, here's a woman who even to this man's admission, he had not been leading the family the way he needed to. But she had gone on social media, found someone that met an emotional need, began an online relationship, and was at the point of considering moving this to the next level when the husband found out. And this marriage potentially has been destroyed because she started engaging in a relationship, she probably thought "It was innocent, just somebody I'm talking to, I'm chatting with. We have some interests in common." And now it's to the point of a marriage on the verge of being ruined. And that can happen to any of us, right. I mean we see young people married for a year getting divorced. We see people that have been married 30 years getting divorced. So we're never immune from Satan's attacks upon our marriage. Why? Because marriage is one of the core institutions that reflects who Christ and Christians are. It's also the one thing that holds our culture together morally, right. And so anything Satan can do to tear us down in the areas of marriage, sexuality, impurity he's coming after us. And social media's just another place where those cracks can creep in. And so we need to be very serious about having safeguards and protections for ourselves and obviously for our teenagers, our children, etc.

So with that said, and again, that's not an exhaustive list for sure. But I think these seven areas are important for every one of us, wives, husbands, students, children, to evaluate our lives and say, "Where am I at in these areas of social media? Where is our family at? Have we as a family just gone over the edge and lost control of the issue of time? Are we completely disconnected as a family because of technology in our family and do we need to rein that in? So I think it's a discussion that can be add.

I want to give you guys three simple, if you will, practical responses. These aren't earth-shattering. These aren't new. I hope they aren't new, if they are, even better. But I think these are the three kind of foundational principles for us as believers to lay for ourselves in this whole area. And it applies to more than just social media. But it definitely applies in this area. So here they are. Real simple.

How do we deal with this whole issue?

1. Walk in the Spirit. Walk in the Spirit. In our Zeal groups, our small groups for High School, we're going through the book of Acts right now. And when you go back and read the first 5, 6, 7 chapters of Acts, here's what you see over and over and over. The disciples got together, they prayed, they were filled with the Spirit, and then God did crazy stuff. Then they prayed. They were filled with the Spirit. God did crazy stuff. Here's the key, right. They sought God. They relied on His power. And then He did something. And I think that's where we, as believers, need to strive to be on a daily basis. And if we're struggling in any of these areas, or if our family's struggling, if we have a child that's struggling, we need to get back to being filled with the Spirit. By the way, correction, that says Ephesians 5, scratch that out. It should be Galatians 5:13 – 26. And Ephesians 5:16 says:

<sup>16</sup>Be filled with the Spirit and you will not fulfill the desires of the flesh.

So when we're walking in the Spirit, the flesh will have no power. And when we're walking in the flesh, the Spirit will have no power. So the first basic principle for us as believers in every area, but would definitely apply to this, is that we walk in the Spirit daily. Which is constantly evaluating our heart, confessing sin, returning to dependence on the Lord, spending time in prayer, being in the word. All those things bring us to the point of being filled with the Spirit so that we gain wisdom, because wisdom comes from the word and the Spirit. And then we can walk wisely in these areas of social media.

2. Resist the devil. James 4:7.

<sup>7</sup>Resist the devil and he will flee from you.

Look at that definition. To set oneself against. Like it's a specific decision like bracing, I'm resisting.... I like football, some of hopefully are Aggie fans, but if you think of like offensive linemen, right, they are setting themselves against this defense that is coming in. They are coming and we are setting ourselves up to defend and resist this onslaught. That's Satan. And the bad news is, he doesn't go one day, "Oh, you won that play. I guess I'll go to the sidelines. We'll call it a day." The next play and the next play and the next down and the next week and the next week. He will continue to attack, using football vernacular, blitzes (if you don't know what that is, I'll explain it later), he's coming from every direction. And we have to continue to set ourselves against, withstand, and oppose his lies and his attacks. It's a constant, daily, battle.

3. Flee temptation. Again, look at the definition: run away, shun, escape, to be saved by flight. To be saved by flight. Get out of there. Now, and we're going to talk in just a second that obviously we are not going to avoid every temptation. We cannot remove ourselves completely from technology. OK. I mean, we can't. Did you ever see the movie, The Village? It's kind of weird. If you haven't, maybe not watch it, but especially if you don't like scary stuff. Basically they try, they try to remove themselves from culture because they think culture is so evil. So they create their own little society away from the world that nobody can get to them. Guess what happens? Evil comes anyway. Why? Because it comes from within us, right. So we cannot

escape the world. We can't even escape our own temptations that come from our own mind, right. So we have to be prepared to flee when we can and fight when we must. OK. But there are times when I think sometimes we're like, God's going to give me strength as the avalanche comes down on us. And we're like, "Jump up on the ledge! Get out of the way!" And we're like, "No! I can take it!" And we just get mowed down. Like I don't understand what happened. "Well you're dumb! Get out of the way!" Sometimes God is saying, "Hey! You can avoid this." So avoid it, right. Don't run head on into the street. Don't pull onto the tracks at the red light. That's what those big bars are for with the flashing lights. So we need to be wise and know when it's time for us to flee temptation. 2 Timothy 2:22:

<sup>22</sup>Flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

And then 1 Timothy 6:11

<sup>11</sup>But as for you, O man of God, flee these things, pursue righteousness, godliness, faith, love, steadfastness and gentleness.

So God clearly says at times, literally just run away. Especially if there's a point where there's a point of weakness that you've fallen, don't go there. Don't entertain it. Don't let it in the door, like double-bolt it. Be like my wife at the hotel. You're flipping that little thing over and is the garage closed, have we checked the back yard, every light in the house is on, I mean it's crazy. That's how we need to be, especially in an area that we know Satan is attacking us.

So four practical steps. And then we'll have some time for questions. Four things, this is just some real practical, when we talk about social media/technology in general.

1. Educate yourselves. Technology's constantly changing. As I said, you can go to The Google, I like to call it the Google, you can go to the Google, type in, in fact I just did some today, you can type in, "What is Snapchat." They've got YouTube videos about it. You can figure out how to use it. You can figure out how your kids are using it. But the information is out there. But it's constantly changing. So if you've still got your VCR at home, throw that away. There's a thing called a DVR. It's changing. We've got to keep up. Your kids probably know more than you do about the technology in your home. That's not a good thing. So you need to be up to speed. You need to get educated. You need to go out and you need to find out what do they know. How do they learn it? But what do they know? What do I need to know so that we're on the same page and I can help guide them? And also so I can be smart and wise in my own pathway in social media.
2. Communicate guidelines and expectations. You, if you're married, you and your husband need to sit down. If you're single; you with yourself and God sit down. If you have children; you with your kids. And you need to communicate, where are we at, what are our expectations, what are our goals, how do we honor God in this, what are some standards that we need to have. Have a family meeting and go, "Alright, this

is out of control. We've got 72 devices we don't even know where they are. Our electric bill is going through the roof because we've got so many outlets plugged in. We've got to downsize." You have problems if you have to downsize technology, right. That's the first sign you have an issue. But you need to have a family meeting and go, "Let's communicate." Don't just have expectations that aren't communicated. But what are our expectations? Where do we want to go with Christ as a family? How do we get there? And make that clear.

3. Balance personal responsibility with restrictions. There's two sides to this coin, right. When your child turns 18 and they move out of the house. You are not going to be able to monitor everything they do, right. I mean, you can, depending on how smart you are and tricky, right. There's all kinds of spyware out there. But at some point they're on their own, right. At some point, we've got to make decisions for ourselves. We've got to seek accountability for ourselves. And we've got to be able to resist, OK. At the same time there's still going to be attacks that we're supposed to flee. So you've got to figure out how you balance, "I want to give my students some level of responsibility in their social media habits." At the same time, I'm not going to just sit them in a fire and say, "Don't get burned." I mean, we wouldn't subscribe to the Playboy Channel on our TV, right. And if it was a subscription, if it was open, we'd be like block, block, block. And yet, every day on the internet, you've got hundreds and hundreds, right. Same thing on social media. We wouldn't let our kid go just hang out with any kid that we didn't even know when they're 12 years old. Yet they pick up their phone, jump on Snapchat, and we don't know who they're talking to. They're playing a video game with some guy in Canada, right, that says he's going to come down to visit. We don't know. So we need to balance this idea of, hey, yeah, they've got to develop their own responsibility, but we've also got to set some guidelines and structures for them. And honestly that may be for us too. We may need someone in our own lives that's helping. It may be as simple as, "I just can't put this thing down." And so I need to set some limits with my spouse, with a friend, with a roommate, whatever, to go, "Look, right now, I'm just consumed with social media. I've just got to be on it. It's becoming a distraction in my life. And so I'm going to have to do a social media fast, or I'm going to ask you to help me balance this in my life." And so we need to bring people in to help do that. And also help our children to be establishing their own patterns of discipline in their lives. And so you've got to walk through what that looks like. And there's lots of different options out there for how you balance that. But that needs to be something that needs to be discussed.
4. And coming right out of that, control access and limits. Here's just a few practical ones you can think about for you and your family.
  - a. Where do you keep computers, phones, iPads, and gaming devices in your house? Does your kid have every technology available to them at the touch of a finger in their bedroom at night when you've gone to bed? No wonder they're tweeting at 3 A.M. or looking at things on the internet they shouldn't be, or playing video games for 24 hours straight in a coma. They've just got a straw coming out of a backpack with who knows what. Keep the Mountain Dew coming. So we need to be aware. Again, we don't let our kids go run around the neighborhood at all hours of the

night, but we let them run around the internet at all hours of the night. So where's the balance in that?

- b. Monitor time and availability. You can set limits. You can say, "Hey, at 10:00 all technology is off." I think this is a valuable one. All technology is put in one place. It's all being charged up from 10:00 to 06:00 or whatever it is for your family. We don't need to be on that anyway. It's family time. It's rest time. It's dinner time. Whatever that looks like for you. At 06:00 to 07:00 we're all sitting down here at the table. Put the phone away. Or we're watching a movie together. You can even do this. My wife and I have done this a couple times. Swap phones, right. Just go, "Here. You've got my phone. I've got your phone." Now we're going to watch a Hallmark movie together. Sorry. You've got to do what you've got to do, right. But swap phones. Why? Because now I'm not distracted. If there's something that comes in that's urgent, my wife can go, "Oh, hey, you need to take this." Or if something comes up that's important to her. But I'm not like, "It's Hallmark, what's going on..." That takes about 3 minutes because you already know what's going to happen. Three minutes in, I'll come back with 5 minutes to go. By the way, it takes exactly 8 minutes to resolve a Hallmark movie. You watch, at 52 on the hour, to the end, that's where it all happens. So just save yourself. Just a little information for you. Bottom line, you can and should control some of these areas.
- c. Monitor connections. And what I mean by that is, who are you connected to, who's your spouse connected to, who are your children connected to, who are they playing games with, who are their friends on social media. You should have, and I just say this as a parent, this is the bonus parent thing, you should have access, and I just don't mean you're a friend of, I mean full access to any social media your child is on; like passwords, everything. So you can go in there. That's just being a good, wise, loving, parent. So like, "Mom, I don't want you to see my stuff." "Too bad. We can just take it away. Give me your phone. Who paid for that phone?" And if they did, good for you, even better. "Too bad. You're still in my house. Who paid for that rent?" But you are the parent, you can be the parent, you can set those limits. And that is just a boundary that helps them. Again, we're talking about the balance of true responsibility and protection. And as you go, you can make those decisions. For us, our daughter, she's the most compliant. You just say, "Leah, I'm disappointed in you." It's over. Like for a year she's like I will never do anything wrong for the rest of my life because you were disappointed. My son, he's mentally handicapped so it's a little bit different, but you know, when he's in a bad mood, he throws trains. So you just have to duck. So obviously kids have different personalities. You have to learn and you know as parents, they're all different. But you have to find that balance of what guidelines and standards do I need to set for my child to protect them. Not to restrict and limit their freedoms, but to protect them.

So don't be afraid to be the parent. And I would say this if you have young children, early teens, preteens, start with these things early. First thing, if they don't have a cell phone, if they don't have social media, if they don't have those things, don't get on them. Honestly, middle schoolers, they don't need social media. There's no

value in social media. Most of them say 14 plus and there's 8 year olds on there. I'm like, "What are you doing?" They don't need to be there. So if you've got a middle schooler, sorry, you're going to be a guy tonight. "Hey, kids, let's bun up Instagram." But they don't need it. It's not beneficial for them emotionally, spiritually, socially where they're at. So don't let them get diving into those things way, way too early.

So it is 6:46, that's pretty good. I know Chris does questions and answers, so if you have questions, we'll take a few minutes. If you don't, we won't.

## Questions

- A. I think there's a couple things. Number one, I would say this. Find ways, if you have students that aren't on it, because the thing is, everybody else is on it, I'm the only one, no one else. Which is not true, because obviously there's others. But I do understand that. One, here's a harsh reality that is a lesson for us to teach children. As believers there are going to be times when we are the only ones. Not the only ones, but as believers, we're the only ones. And that's OK. So that's one. But obviously, again, Instagram's not evil in and of itself. So two is, we're going to ease into this. **WE** are going to get an Instagram account.

There's no magic number. I mean that really comes down to you guys sit down and evaluate the maturity level of your child. How much can you trust them? And that's why I say, **WE**'re going to do this and OK and pick your five best friends. Boom. Now you've got your little posse and you're on Instagram. And then you can expand that and at some point you can release. I think it's just a process of easing into that. Watching that and see how it goes. I mean, some kids, many you give them an inch and they just blow it up. OK. Here we go. We're taking it back. We'll start over. And you've got those kids that are just going to hammer their heads against the wall over and over. They're strong willed and you're just going to have to fight the battle. If she's a respectful, compliant, obedient child who's growing in the Lord, then again, I think it's earning that freedom as you go. So there's not a magic age. I just think you as parents have to walk through that. Again, I think you can do something like the Instagram where you go, "Alright, you can do Instagram but we're going to pick just a few friends and we're going to monitor it and see how that goes." But the other thing is your child does not need 8 social media apps, right. They just don't. Just pick one, get your friends, and say, "I'm on Instagram. Come Instagram with me. Here we are. This is our little group. We can share our pictures. It's fun." And we don't need to be chasing these 87 different things out there. So there's not a magic age. I think it's when you feel she's capable of handling it and a gradual process to ease her into it would be what I would say.

Q. Do you know if they came up with a Christian version of Facebook?

- A. There is not anything that I know of that's just isolated for Christians, no.



**Q.** Question about a child's right to privacy.

**A.** They don't have a right to privacy. Truth. I mean this is culture, right. This is our culture telling our kids, you have the right, you're your own person. When you're 7 your parents have no control over you. You can do what you want. I mean, I say that somewhat jokingly, but that's what our culture is promoting, right. We're the parent. We are there to protect, to guide, to give them wisdom. So they do not have privacy because our role is to protect them and guide them in the word of God. So we take them to Scripture and say, "Look, this is who I am and this is my role. I'm to teach and train, admonish, educate, discipline, and I can't do that if I don't know what's going on in your life. And so we're not here to put our thumb on you." But the concept spiritually is as a family and as your parents, we're going to be in your life. And until you're 18 or 22 or whatever age you release them. I think it's just sitting down with them and saying, "Look, we know this is what culture says, but Scripture gives us a clear guideline that we're to model, lead, and structure an environment that's safe for you. And that means we have to know what's going on in your life." Because, and you can give them the examples of the pitfalls. You know, people getting connected with the wrong people. People getting into sin because they're stumbling into things. Everything we're doing is to shape and direct you towards Christ. And so because of that, right now, you're not going to have absolute privacy or freedom. I mean, it's like a kid going, "Why can't I drive the car?" It's not realistic. There's all these things we limit kids in, but all of a sudden it's like, "I should have complete privacy and freedom to do what I want." Well, of course not. But our culture is pushing that and they're seeing it and they're getting it from their friends and they're seeing it on social media. So we just have to be firm, loving, and continue to fight that battle just in a loving way. And honestly, it takes a village, no, but it takes a church. It takes the body of Christ. Come together with other parent and work together with the same values and standards so they can look and go, "Well, look, Suzy's parents are doing this and we're going this." And we're all in this together striving to raise students that love the Lord and protect them from those pitfalls.

**Q.** When you say to walk in the Spirit, or be filled with the Holy Spirit, how do you manifest that? How can you train and acquire this walking in this steadfast communion?

**A.** I think it's just what you said. It's constantly seeking God. I mean, honestly, I think Bill Bright said it the best. He's the founder of Campus Crusade for Christ, now CRU. But he defined it as: breathing out (you're confessing sin), breathing in (you're yielding and submitting to Christ.) And then being in the word and just striving to live and walk and submit to Him daily is what it looks like. And it's not a one time I pray this pray and I'm filled with the Holy Spirit. That's great. It is a constant, daily, focus on yielding to Christ and not getting distracted or led astray by the things that are attacking us all the time. I mean really, it's the word, it's the Scripture, it's confession, it's just trying to live purely and holy before the Lord and relying on the blood of Christ to perfect that in us.

And I will say this, those of you that are parents of young children or don't have children or are single, the culture is changing exponentially, quickly. So we need to be very diligent. It is going to be harder because if you think back 50's/60's/70's/80's/90's all through the 20<sup>th</sup> century, America was pretty much a religious, spiritual, somewhat Christian culture,

Judeo-Christian, right. We are not a Christian culture. And so our children are growing up with what is being said is truth and normal is complete opposite of Scripture. So there's no question that raising children is going to be much more difficult over the next foreseeable future unless God brings a revival and the country changes. So these things, and technology is driving a lot of that, right. And so it's going to be a battle that we're going to have to fight and pray over. And last thing I'll say, this is kind of off tangent. The greatest thing you can do is pray over your children. Just pray God's hand of protection over them, and for ourselves, right. Again, I think it's easy for us to chase this down to just kids, but social media has the same potential effects on us as adults. So we need to be very aware of our own need to rely on Christ in that area. Because if we're not doing it, then we can't expect our kids to live it out either.

Let me close us in prayer. I'll be here if you have any individual questions. Thank you for listening and Chris will be back next week. So there you go.

Let's pray.

Father, God, thank You again just for Your word and the truth. Lord I pray that we would like in truth, that we would not be deceived by Satan and led astray. God, help each one of us as adults to evaluate our own life and the pitfalls that are out there for us. And also those that are parents and grandparents, help us to just truly strive to guide, lead, and encourage our children to walk towards You. Lord, help us to just prepare a path. And we ask that You would intervene where we are incapable. That Your Spirit would protect them, God. Again, thank You for these ladies coming tonight and just pray that You bless the time that they've spent listening to You, God. It's in Jesus name we pray. Amen.

# TOP SOCIAL MEDIA SITES 2019

**SNAPCHAT** Snapchat is the most fun way to share the moment with friends and family ☐

Snapchat opens right to the camera, so you can send a Snap in seconds! Just take a photo or video, add a caption, and send it to your best friends and family. Express yourself with Filters, Lenses, Bitmojis, and all kinds of fun effects. Please note: Friends, family, and other Snapchatters can always capture or save your messages by taking a screenshot, using a camera, or otherwise. Be mindful of what you Snap!

**INSTAGRAM** Connect with friends, share what you're up to, or see what's new from others all over the world. Explore our community where you can feel free to be yourself and share everything from your daily moments to life's highlights.

**TWITTER** From breaking news and entertainment to sports, politics, and everyday interests, when it happens in the world, it happens on Twitter first. See all sides of the story. Join the conversation. Watch live streaming events. Twitter is what's happening in the world and what people are talking about right now.

**FACEBOOK** Keeping up with friends is faster and easier than ever. Share updates and photos, engage with friends and Pages, and stay connected to communities important to you.

**YOUTUBE** Get the official YouTube app for Android phones and tablets. See what the world is watching -- from the hottest music videos to what's trending in gaming, entertainment, news, and more. Subscribe to channels you love, share with friends, and watch on any device.

**WHATSAPP** WhatsApp Messenger is a FREE messaging app available for Android and other smartphones. WhatsApp uses your phone's Internet connection (4G/3G/2G/EDGE or Wi-Fi, as available) to let you message and call friends and family. Switch from SMS to WhatsApp to send and receive messages, calls, photos, videos, documents, and Voice Messages.

**TIKTOK** TikTok is THE destination for mobile videos. On TikTok, short-form videos are exciting, spontaneous, and genuine. Whether you're a sports fanatic, a pet enthusiast, or just looking for a laugh, there's something for everyone on TikTok. All you have to do is watch, engage with what you like, skip what you don't, and you'll find an endless stream of short videos that feel personalized just for you. From your morning coffee to your afternoon errands, TikTok has the videos that are guaranteed to make your day. We make it easy for you to discover and create your own original videos by providing easy-to-use tools to view and capture your daily moments. Take your videos to the next level with special effects, filters, music, and more.

**TUMBLR** Tumblr is a place to express yourself, discover yourself, and bond over the stuff you love. Whether it's fandoms or philosophy, fashion or felines, Tumblr is where your interests connect you with your people.

**REDDIT** With over 100K active communities, on Reddit you can laugh, think, discuss and dig deep into topics that matter to you. Reddit is free and open for everyone to post, share, vote and discuss. Reddit is powered by people. Your communities upvote and downvote posts to highlight the most interesting and relevant content. On Reddit, your privacy and opinions matter.

You can share your passion for your favorite books, movies, video games, sports, TV shows, music and technology with millions of people who share your interests.

# DANGERS OF SOCIAL MEDIA

<b>TIME</b>	Addiction, Rest, Worship, Ministry, Relationships <b>Ephesians 5:15-16</b>
<b>TRUTH</b>	False reality of self, False reality of others, culture vs. Scripture <b>Romans 1:18-32, John 8:32, 14:6, 16:13, 17:17</b>
<b>IDENTITY</b>	Comparison, Coveting, Jealousy, Pride <b>I Peter 2:9-10</b>
<b>STRESS</b>	Anxiety, Depression, Suicide, Harm <b>Philippians 4:6-7</b>
<b>RELATIONSHIPS</b> (Kitten Meme)	Isolation, Communication, Bad Connections, Relational Skills <b>Ephesians 5:7-11</b>
<b>TESTIMONY</b>	Speech, Image, Anger, Impersonal <b>Ephesians 4:25-32, 2 Timothy 2:23-26, Colossians 4:5-6</b>
<b>TEMPTATION</b> (TBH Example)	Lust, Sexting, Emotional Relationships, Adultery <b>1 John 2:15-16</b>

## A Biblical response

<b>WALK IN THE SPIRIT</b>	<i>make due use of opportunity, to live, regulate one's life, conduct one's self</i> <b>Ephesians 5:13-26 (16)</b>
<b>RESIST THE DEVIL</b>	<i>to set oneself against, withstand, oppose</i> <b>James 4:1-10 (7)</b>
<b>FLEE TEMPTATION</b>	<i>run away, shun, escape, to be saved by flight</i> <b>1 Timothy 6:11, 2 Timothy 2:22-26</b>

## practical steps

**Educate** Yourself (technology is constantly changing)

**Communicate** Guidelines and expectations with Family

**Balance** personal responsibility with restrictions

**Control** Access and Limits

Where is the computer, phone, iPad, gaming device?

Monitor time and availability (apps, internet, texting)

Monitor connections (avoid relationships with unknown people)

# DANGERS OF SOCIAL MEDIA

---

Addiction, Rest, Worship, Ministry, Relationships

**Ephesians 5:16**

---

False reality of self, False reality of others, culture vs. Scripture

**Romans 1:18-32, John 8:32, 14:6, 16:13, 17:17**

---

Comparison, Coveting, Jealousy, Pride

**I Peter 2:9**

---

Anxiety, Depression, Suicide, Harm

**Philippians 4:6-7**

---

Isolation, Communication, Bad Connections, Relational Skills

**Ephesians 5:7-11**

---

Speech, Image, Anger, Impersonal

**Ephesians 4:25-29, 2 Timothy 2:23-26, Colossians 4:5-6**

---

Lust, Sexting, Emotional Relationships, Adultery

**1 John 2:15-16**

## A Biblical response

---

*make due use of opportunity, to live, regulate one's life, conduct one's self*

**Ephesians 5:13-26 (16)**

---

*to set oneself against, withstand, oppose*

**James 4:1-10 (7)**

---

*run away, shun, escape, to be saved by flight*

**1 Timothy 6:11, 2 Timothy 2:22-26**

## practical steps

---

yourself (technology is constantly changing)

---

guidelines and expectations with Family

---

personal responsibility with restrictions

---

access and limits

Where is the computer, phone, iPad, gaming device?

Monitor time and availability (apps, internet, texting)

Monitor connections (avoid relationships with unknown people)