

SMALL GROUP DISCUSSION GUIDE

For the week of March 8, 2020

“HANDLE WITH CARE”

GETTING STARTED

To the facilitator: As your group begins, use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

From last week's three sermon applications (i.e. Practice solitude; Create personal rules for technology and social media; Do something outside of yourself), which one(s) have you began to apply or plan to apply? Share specifics. Which is the most difficult for you?

GROUP DISCUSSION

Before you begin the session, take your phone, tablet, or any other electronic device that you may have with you. Turn it off or put it in airplane mode. Use your phone only to access or read Bible passages if you did not bring a Bible with you.

1. Read 1 Corinthians 4:1-2. What does it mean to be a steward? Why do you think Paul connected his being a servant to being a steward?
2. *Discuss.* What are the characteristics of a faithful and trustworthy steward? As a modern Christian, how does one apply living as a servant of God and being trustworthy/faithful in the area of social media and technology?
3. What is the principle that Paul talks about in 1 Corinthians 6:12 and 10:23? What were the examples that he applies this principle to? Can you think of other ways that this principle applies to in life? How does Paul sum it up in 1 Corinthians 10:31?
4. Read 1 Corinthians 9:27, 15:58, 16:13; Hebrews 3:14. What is the importance of being steadfast (standing firm), consistent and disciplined in the Christian life?
5. *Share.* Have you ever tried setting boundaries in an area of your life (e.g. social media, watching KDrama, overspending, overeating, etc.)? Why is it so difficult to set boundaries? What is the role of discipline? What is the role of the Holy Spirit in all these? And what should be our motivation in doing so?
6. One of the negative effects of unrestrained social media use (or any bad habit for that matter) has to do with our time spent with God. If you compare the time you

spent in prayer and meditation of God's word and your time spent on social media, which would win? What specific steps can you do to change this?

7. Read Hebrews 12:1-2. The writer of Hebrews likens the Christian life to that of running a race. He calls us to run with endurance. Why is it important to fix our eyes on Jesus? How has your social media use affected your focus on Jesus?

8. [NEXT STEPS]

This week, pray for God to help you apply the call of stewardship to irresponsible social media use (and or any other negative habits, for that matter).

- I will commit to go through the devotionals everyday this week.
- I will seek to know more about who God is by regularly reading his Word.
- I will make conscious effort to steward my social media use by _____.
- I will set personal boundaries for social media and technology use.
- I will do a "social media fast" for _____ days/weeks.
- Other ways I will apply this lesson: _____.

REFLECTION

You've read the studies and the articles; you've heard the podcasts and watched the videos. And you've witnessed it first-hand. You have seen social media have a negative effect on people, whether it be their behavior or attitude towards it, the content they encounter, or how other people engage with them. And you've seen it also happen to you!

It's easy to vilify Tiktok, Twitter, Facebook, and so on. But there are plenty of people using these mediums to further the Gospel and glorify God. So social media isn't always the big bad wolf we make it out to be. And yet, we have also seen how social media is harmful to our spiritual and mental wellbeing.

One problem we see with well-meaning Christians, both young and old, is in establishing appropriate boundaries when it comes to social media. We all need guardrails. We need the consistency of rules, even if we don't realize it. Establishing clear boundaries when it comes to social media is essential in developing healthy habits. It's hard to fault unhealthy social media behavior when we aren't even having consistent boundaries implemented.

So what appropriate boundaries do you need to set up with social media and technology?

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray that you will be good steward of what God has entrusted to you.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.