

#nofilter

5. #blessed

Start off with feedback from Sunday's message. What did those that were there - or those that have caught up online - take away from it? What encouraged them, what informed them and what challenged them?

Read Psalm 23

*Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.*

- What's your favourite part of Psalm 23? Which bit resonates most with you?
- Does understanding a bit more about how Psalm 23 is written help you get more out of it? (see diagram) The centre of the 'kiss' is "you are with me". How encouraging do you find it that Jesus walks with us, guiding us in the good times and comforting us in the bad?
- Talk about your own use of social media. Is it balanced and healthy, or has it got out of control?
- Do we tend to use social media as a 'shepherd' – looking to it when we're wanting guidance, refreshment, comfort or companionship?
- Go through the 12 tips for practising safe social (attached). Which do you find most helpful? Which would be most challenging for you? Which do you already practise?
- What changes do you need to make to your lifestyle to (a) give more time to your daily relationship with Jesus the Shepherd and (b) keep yourself from becoming controlled by and addicted to social media.

Big Idea: 'Social Media is a great tool but a horrible shepherd. We need to practise safe social and learn how to find comfort, intimacy and refreshment for our souls from the Good Shepherd.'

Break down into smaller groups and pray for each other to experience a greater intimacy with Jesus as Shepherd. Pray the words of Psalm 23 over each other. Pray for the practical things that need to be done to get on top of social media and not let it dominate and distract us. Pray for the strength, wisdom and grace to lead lives with 'nofilter' and help others do the same.

a chiasm - in the shape of a **Kiss**

The Lord is my shepherd, I lack nothing.

the LORD, he takes care of me

He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.

he totally refreshes me

He guides me along the right paths
for his name's sake.

he walks with me

Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff,
they comfort me.

you walk with me

You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

you totally refresh me

Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
for ever.

you take care of me, LORD

HOW TO PRACTISE SAFE SOCIAL

- **Make time for God, every day**
try out bible.com, prayermate.net or kick it old school
- **Put a limit on your social media hours**
try offtime.co, inthemoment.io, forestapp.cc, freedom.to
- **Buy an alarm clock**
avoid charging your phone next to your bed
- **Phone home**
try leaving your phone behind when you go out (or buy a brick)
- **When you post be kind, be truthful, be positive**
#whatwouldJesuspost?
- **Never post anything you wouldn't say directly**
if you wouldn't say it to their face irl, don't say it online. Ever.
- **Don't post dodgy pictures of yourself**
don't drink & post, don't flaunt your bod or your bad behaviour
- **Kill the Notifications Beast**
access social media with your browser, turn off all notifications
- **Limit your data**
choose the smallest data package you can find & save £££s!
- **Get a life**
do stuff, read, try a hobby, w NYC.org/series/bored-and-brilliant
- **Have an Unplugged Day**
practise a weekly Sabbath
- **Be accountable to a friend**
give them permission to challenge your social media life