

# FRIENDZONE

## Facebook Friends | Discussion Notes

Mat shared a couple of facts about our social media usage:

- "People between 16-24 spend on average 3 hours per day on social media. That adds up to 6 years and 8 months over a lifetime." Does this surprise you? Why do you think we spend so much time on social media?
- "A survey of 5000 people found people who used social media more were far more likely to report symptoms on mental illness." Have you found social media to have a negative impact on your mental health? Why does social media impact our wellbeing so much?

Mat suggested that the reasons we use social media so much is that it helps us feel **noticed** and **valued**. But a far better way for us to feel valued and known is in our relationship with God. Psalm 139 is a great illustration of this. Read it together. First you may want to suggest that people close their eyes and prepare themselves to hear the powerful words of the Psalm.

- The first few verses tell us that **we are known** by God. What do you think it means to be 'known by God'? Is that something that brings us comfort or not?
- Verses 13-14 tell us that **we have value**. How should this knowledge that we have value and that we are known by God change the way we use social media?

Mat suggested a 'rule for life' when it comes to social media - some practical ideas that can help bring about a spiritual change in us.

1. **Think before Posting.** Is it kind and loving?
2. **Put a Limit on it.** Use 'screen time' to keep a check on your usage.
3. **Not the First, Not the Last.** Make sure that checking social media isn't the first thing you do in the morning or the last thing you do at night.
4. **Have a Day Off.** Each week, have a day (or maybe start at a morning) where you don't turn your phone on.
5. **Bring Someone In.** How can you be accountable to someone?

You might want to break into smaller groups at this point to talk about these ideas and ask the following questions:

- Have you tried one of these before? What difference did it make?
- Which of these are you going to try and implement in your life this week?
- What are the challenges that might make it difficult to practise these rules?

## HUB ACTIVITY

You might also want to set a challenge for your Hub for the next week, coming back together in a week's time to reflect on how you got on. You could either ask everyone to name one thing they are going to try, or suggest that you all try one of the 'rules' together (i.e. all agree to have Sunday morning without your phone). Get everyone to write down what they are going to do and pray for each other to commit to it.