

WELCOME TO THE RESISTANCE

You're the Product | Discussion Notes

This week we are focusing on social media and the other tech that can take our time and attention.

- Do you agree with Sam that attention is the most valuable resource we have? If so, how should that change how we think about it?
- Ask people to describe their relationship to social media in a few words.
- Is there a particular social media that people use more than others or find more addictive than others?

Re-read Romans 12:1-2. Sam explained that social media companies trying to take as much of our attention and time as possible is a '**pattern of this world**' and that they are actively trying to **conform** us to do just that with 'social approval' and 'variable schedule rewards'

- Can you explain how 'social approval' and 'variable schedule rewards' conform us to give our attention to social media?
- Are you aware of social media trying to keep you using it for as long as possible?

To understand why this can be so dangerous we can return to the basic idea that Philip taught us last week from Romans 12:1, that "**how you think determines how you live**". If our thinking is conditioned by social media it will determine how we live in three main areas: your health, your community and your relationship with God.



You

- Have you seen the negative impact of social media on your mental health or your friends?
- Is there a particular aspect of social media that has more impact here?

Community

- Does social media make it harder or easier for you to connect with your community?

God

- Does social media impact your relationship with God?
- Sam said that the biggest faith challenge for our generation might be distraction. Do you agree?

Finally, Sam challenged us to '**renew our minds**' and put some practical things in place to do this: Stop, Stay and Start. **Stop** by putting limits onto your usage, **Stay** by prioritising your local community and **Start** your day with worship to God before you check your phone.

- You may want to break into groups of 3 and 4 to chat about these three and work out which you are going to focus on, making a commitment to each other to check in next week. Then pray together that your thinking would be renewed in this area.

