



Part 2: Media – Navigating Everything

The average person spends 7 hours a day on screens, with kids spending 2-3 hours on social media. Many issues like anxiety, depression, cyberbullying, sexting, misinformation, and isolation are tied to media use. Brett Ullman's Media Talk: Navigating Everything is an essential conversation for everyone!

Discussion Questions

1. What stood out to you about the message on Sunday from Brett Ullman?
2. Brett alluded to some of the dangers of social media like comparing ourselves to others, being heavily influenced by what algorithms decide we will see and lacking quiet/focused time. Read the following passage of scriptures. What are some principles that you could draw from each one, that help us face those challenges? Galatians 1:10, Philippians 4:4-8, and Psalm 46:10.
3. Review the Digital Rule of Life together. Have you created a purpose statement? Share what you're thinking about with the group. Next, talk about step #2. What are your digital distractions? Where do you find technology tends to pull you away from being present or experiencing peace?

Moving Forward

Finally, look at step #3. What are some healthy habits that you'd like to implement when it comes to using technology? Choose 1-2 daily rhythms and 1 weekly rhythm that train your attention toward God and others.