

the Venues

Go Deep Connections The Facebook Connection 8.6.17

What was the first computer and phone you owned? How were they different from your phone and computer today?

How often do use your phone? How often do you look at social media?

What affect does technology and social media have on your connections with others? It is estimated that we spend around 5 hrs a day on devices and 2 hrs a day on social media. Why do we use phones and social media so much?

1. Phones... make us feel like we belong.

One UK study found the average Facebook user has 150 friends, 13-14 of which are actual friends, and only 4 of which are close friends. How does this compare to your "friends" list?

FOMO - "Fear of Missing Out" was added to the English Dictionary in 2013. On social media we see the exciting things our friends are doing and are afraid we'll miss out. But, we're only seeing the parts of people's lives they want us to see, not the boring, dull parts.

Read Ecclesiastes 4:4

How does this 2500 year old passage apply to our social media world today and FOMO?

2. Phones... cure boredom.

Do use your phone when you're bored?

"These days, we see that when people are alone at a stop sign or in the checkout line at the supermarket, they seem almost panicked and they reach for their phones. We are so accustomed to being always connected that being alone seems like a problem technology should solve." - Sherry Turkle, Ph.D, MIT Sociologist

What do you think of this statement? Do you like being alone with your thoughts?

How do we reconnect to each other and God?

1. Disconnect to Reconnect - Read Luke 5:16

2. Put the phone down and look around. *What are ways you can disconnect?*
3. Add a LOVE filter. - Read 1 Corinthians 13:4-7. Does our social media content look like Paul's description of love? How can we show God's love, hope, and grace through technology and social media?