

STUDY NOTES

ANTI-SOCIAL

a series at New City Church

www.newcityphx.com/sermons

The following content is based on the message "The Way of Love" on 9/9/18 at New City Church in Phoenix, AZ. The following is not meant to be a full synopsis but rather a brief look at the main ideas. To use this Study Guide effectively you must listen to the message found at <http://newcityphx.com/sermons/>.

Leaders using these study notes for group study and reflection should read the Biblical text thoroughly before beginning, using this resource as assistance and not relying solely on this material for insight. We encourage all leaders to pray and ask the Spirit for revelation as they lead their respective community groups.

PRAYER

Pray and ask God to lead the discussion as everyone gets to share.

SCRIPTURE: MARK 12:28-34; 1 CORINTHIANS 13:1-3

WE ALL LOVE

Everyone loves. What distinguishes us as individuals isn't whether we love, but what we love. If we are to be known by love, maybe we should be asking ourselves, "What do I love?" To answer that question, you can look at your behavior. What do you spend your time doing?

In essence what Jesus and Paul are saying is that we are what we love.

- *If someone was to look at your life, what would they say that you love based on the amount of time you spend on things?*

THE LOVE OF TECH AND SOCIAL MEDIA

If many people are honest, they would say that they spend a lot of time on screens (even outside of work). They spend time on social media, their phone/tablet, or watching TV. Here are some statistics to prove it.

- The average smartphone check-in rate for Americans is 1 time every 10 minutes (100 times a day. 36,000 times a year.)
- Parents spend an average of 9 hours and 22 minutes every day in front of screens (with 8 of those hours for personal use).
- The average person spends 6 hours and 30 minutes per day on the internet/apps.
- Rates of stress, anxiety, and depression are rising.

These rates don't show that social media or tech is at fault, but they show us an honest picture of what we do with these mediums.

- *How often do you say that you want to limit your technology intake?*
- *How do you usually feel after spending time on social media?*

THE LITURGY OF SOCIAL MEDIA

We compare our real life with the highlight reel of others. Social media never gives us the full person. When we consume social media, we tend to piece together small individual parts of other people's lives into one grand picture of what we would like our own life to look like.

- *What part of your own life do you mostly post to social media?*

Most people would say that they know social media profiles don't depict everything in real life. However, regularly consuming the images of others' best life, becomes a liturgical practice and we subconsciously start to believe that we are lacking. A liturgy is a practice that shapes what we believe.

- *Based on your social media timeline, what would you say that your life is lacking?*
- *The social media liturgy is shaping your worldview. How can you change up your practices to build a more healthy worldview?*
- *When you do consume media, what practices can implement to help protect you?*
- *How could you use your social media habits to grow in your love for Jesus?*
- *Pray for each other as you assess your media and technology life.*