

# STUDY NOTES

## ANTI-SOCIAL

a series at New City Church

[www.newcityphx.com/sermons](http://www.newcityphx.com/sermons)

The following content is based on the message "This Is Your Relationships on Social Media" on 9/30/18 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: COLOSSIANS 3 (READ THROUGHOUT)

### RELATIONSHIPS GOD'S WAY OR THE WORLD'S WAY

**Read Colossians 3:12-17.** Paul says that these relational qualities are the standard by which we are to live. We are forgiven by Christ so we act toward each other in this way. Relationships according to the Bible have some essential elements: compassion, kindness, humility, meekness, patience, forgiveness, bearing with others, love, and perfect harmony.

- *What is your initial reaction to hearing that this is how you should act in relationships with others—words like kind, humble, patient, forgiving, bearing with others?*

**Read Colossians 3:5-12.** In the social media age, we form relationships with a tap, a swipe, a click, or a double tap. We don't have to engage with others in meaningful ways, we can just cut people out of our lives by blocking or unfriending them. Relationships take time and effort, and if we don't interact with people, then we aren't building relationships.

- *In your experience, how has it been easy to cut people out of your life that you didn't want to interact with anymore? How does that type interaction compare to what Paul describes in Colossians?*

## SOCIAL MEDIA AND RELATIONSHIPS

Since the inception of social media, loneliness, depression, suicide, and STDs are all up.

"Several studies in recent years, including ones by Holt-Lunstad, have documented the public health effect of loneliness....There is growing evidence that loneliness can kill. "We have robust evidence that it increases risk for premature mortality," says Holt-Lunstad. Studies have found that [loneliness] is a predictor of premature death, not just for the elderly, but even more so for younger people."

– NPR.org, May 1, 2018

- *There could be other factors contributing to the rise of loneliness since the inception of social media; however, in your experience, how could you see that social media has increased your own loneliness?*

## RAISED WITH CHRIST

**Read Colossians 3:1-4.** If we believe in Jesus, then we are new creations. We should remember that we are new. We should interact with others like we are new. Relationships take sacrifice, time, bearing each other burdens. As a church, we should be willing to admonish others, in love, and we should be willing to be admonished by others. But that requires that we get to know the nuance of people's lives. You get way more empathetic and loving when you get to know someone—like, actually knowing them.

### **Knowing something about someone isn't knowing them. Just like knowing facts about Jesus isn't knowing Jesus relationally.**

- *What does admonishment usually look like on social media?*
- *How do your interactions with people change when you talk face-to-face?*
- *In what ways is it easy to hide on social media? How can you let people "get to know" a version of you that isn't really you?*
- *What is something that you can do this week to know someone and be known by someone?*
- *Pray for your relationships with people to grow in depth.*