

CONNECTED: YOUNG ADULTS

BEST USE

As a guide to assess where you are with your social media and to find ways to connect face-to-face with those around you.

NUTRITIONAL VALUE

Social media has become a way to stay connected with family, friends, and acquaintances. As a result, face-to-face interactions are becoming a thing of the past. But, according to a survey on Social media done by Forbes, 86 percent of respondents missed spending time together in a meaningful manner, while 84 percent said they missed the warmth and satisfaction derived from being with people. That speaks loudly that face-to-face interactions are important.

ADVANCE PREPARATION

- Take time to look at the list of suggested commitments.
- Pray that God would lead you to build intentional and invested relationships with people that are around you...co-workers, family and friends.

SERVE IT UP

TALK: Social media can be a great tool, but it can also distract us and keep us connected to a device instead of a person. Look at the following commitment tips and think about some ways that you can connect more with others.

COMMIT: Consider some of the following commitments or come up with some of your own:

- Take a close look at yourself and your view of social media. Do you define yourself with how many “likes” you have? Do you “fear” being disconnected from social media? Do you compare yourself to others and become depressed?
- Set a time to “fast” from social media. Use that time to connect directly with God, family and friends.
- Go to dinner with a group of friends that you typically only connect with via social media. Commit to one another that during dinner no one will use their phone. Try to do this on a weekly basis!
- Come up with 5 Acts of Kindness towards those people around you and make them happen.
- When using social media, share YOUR stories. Analyze the impact and influence of the things you post on social media. Don’t let the impact of negative social media shape your views and your influence.
- REST.....be still.....go to the park without your phone. Let God’s wonder recharge your battery!

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CONNECT: Take time to connect directly with your family, your friends, your co-workers, and your neighbors.... When we connect face-to-face, our brains process nonverbal cues that we use as the basis for building trust. Face-to-face interaction is information rich.

PRAY: Pray that you would have a positive influence on your friends, family, co-workers, etc. by lifting people up and pointing them to Jesus Christ. *Therefore encourage one another and build each other up, just as in fact you are doing. (1 Thess. 5:11)*