

USING SOCIAL MEDIA WISELY

1. Guard Your Heart

Be mindful of what you consume on social media, as it can influence your thoughts and emotions (Proverbs 4:23).

2. Use Social Media for Good

Share uplifting, faith-based content that inspires, educates, or encourages others (Matthew 5:16).

3. Set Healthy Boundaries

Limit the time you spend online to avoid distractions and protect your mental health.

4. Avoid Comparisons

Remember that people often showcase highlights, not reality. Focus on God's unique purpose for your life instead of comparing yourself to others (Galatians 6:4).

5. Practice Kindness and Respect

Communicate with love and respect, even when discussing sensitive topics (Ephesians 4:29).

6. Stay Accountable

Have an accountability partner or mentor who can help guide your social media usage and ensure it aligns with your values.

7. Be Cautious About Sharing

Think before you post. Avoid sharing content that could misrepresent your faith, hurt others, or cause misunderstandings (James 1:19).

8. Engage in Meaningful Connections

Use social media to build genuine relationships and participate in communities that promote spiritual growth.

9. Avoid Toxic Interactions

Steer clear of arguments, cyberbullying, or negative debates that do not glorify God (Romans 12:18).

10. Take Digital Sabbaths

Regularly take breaks from social media to refocus on God, deepen relationships, and renew your mind (Exodus 20:8-10).