

10 PITFALLS TO AVOID WHEN USING SOCIAL MEDIA

Showing Off Your Body or Possessions

1

If you're not sure if a photo should be posted, ask yourself, 'am I sharing my assets or am I sharing my heart? Is this post glorifying me or is it glorifying God?'

Focusing Too Much on Yourself

2

Your worth, identity and beauty are all defined by God who created you. If you're struggling to feel happy in your own skin, spend less time on social media and more time with the One who thinks you're wonderfully and remarkably made.

Focussing Too Much on the Number of Followers You Have

3

With your social media account, ask yourself, "Am I more focused on gaining more followers, or making followers of Christ?" Jesus warns us not to love or focus on things of this world. We constantly need to remind ourselves that our mission is to point others to Jesus, not ourselves.

Comparing Your Life to Others

4

Thank God for blessing them with what they have, and pray for that person to glorify God with their life. And thank him for all that he has given you, and pray that he will grant the desires of your heart with the things you are still waiting for.

Spending Too Much Time on Social Media

5

Pray and consider how God wants you to be using social media, and whether you're spending too much time on your phone that you could be using to accomplish what God is calling you to do.

Relying Too Much on Social Media to Connect With Others

6

Using social media too much can prevent you from being able to communicate effectively to relationships that you have with people in person.

Becoming Obsessed, Addicted, or Making Social Media an Idol

7

Becoming addicted to anything or anyone is dangerous to our health, and when we become addicted or obsessed with social media, we are essentially making it an idol by putting it before God.

Conforming to the World Around You

8

When we conform to the world and what others are doing around us, we become less effective in accomplishing what God has called us to do. And we become less effective with sharing the love and truth of Jesus Christ.

Relying on Social Media to Get God's Word

9

God has a unique plan just for you, and if you rely too much on what others are saying on social media, you'll miss out on hearing how God wants to speak to you directly through his Word.

Using Social Media as a Way to Rest

10

Maybe you enjoy watching reels of cute dogs and babies, but start paying attention to how you feel after social media when you try and rest. Does it drain you? Give you energy? Make your head hurt? Getting a break from screen time is a good thing.

