

# MORE TO YOUR STORY

## Q2 MORE TO YOUR STORY - 03 BEYOND SOCIAL MEDIA

### PLAYLIST

<https://open.spotify.com/user/campuslife1965>

### PURPOSE

For students to understand the impact social media has on us and to respond positively to investing in themselves by pledging to be away from their screens more often.

### NOTE TO SITE DIRECTOR

We are referencing the Netflix documentary called *The Social Dilemma* this week. So, we recommend that in the very least you watch it and encourage your Ministry Leaders to do the same.

### MINISTRY LEADER EMPOWERMENT

This week make sure yourself and your leaders are also ready to take up the challenge in the Response and are ready to discuss how the challenge went next week!

### RMA CONNECTION

#### BUILDING TIME

We are referencing the Netflix documentary called *The Social Dilemma* this week. So, we recommend hosting a viewing party of this documentary with students sometime this week.

### PREP

## *SUPPLIES NEEDED:*

- Projector & Sound System for Media

## WELCOME

Welcome back to More To YOUR Story - Part 3! If you haven't been here, we started the series by Looking Beyond the Family Pic and admitted that all of our lives are more than just perfect smile snapshots - **there is junk in our lives**. Last week we added Living Beyond the Highlights. In high school we get all caught up in who likes us, how we are fitting in and what we get recognized for. But there is so much more to life beyond high school and it was nice to learn that God doesn't see us for what we've done, he sees us for what we can become - **He sees our potential!** Tonight, we add, drum-roll please...Getting Beyond Social Media! Social Media can be crazy! (*Insert a couple of examples from your social media experience*). Bottom line, I think Social Media proves we are desperate to be connected, and desperate to be noticed. So tonight, right here at Campus Life you will get connected and you will be noticed

## CROWDBREAKER

KNOTS – GET CONNECTED!

### *DIRECTIONS:*

Divide into groups of 10-12. Each group make a circle. Everyone grabs a hand of two different people across the circle (not next to you). When the music starts, begin untwisting until you have formed a circle. You may not let go of hands at any time! This is not always possible - but it is fun trying!

## SMALL GROUP GAMES

[VIEW SMALL GROUP GAMES & ACTIVITIES IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **DIE MASTERS** and **WHAT DO YOU MEME?** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## VIRTUAL GAMES

[VIEW VIRTUAL GAMES IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **WHAT DO YOU MEME?** and **WHO DIS?** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

# TRANSITION

Clout is a word that means influence and power on social media. Over the years, there is a new job description called "Influencer." Across all platforms there are influencers with millions of followers, views, and who have influenced our culture in huge ways. Maybe you even dream of being an influencer yourself!

One of the fastest growing social media platforms in recent years is TikTok. Charli Demilio is the most followed account with over 112 million followers. Even though she has extreme success on social media, there are times where she has considered deleting the app because of how difficult the criticism and bullying has been. She's struggled with panic attacks as well "She said sometimes the panic attacks get so bad she will "cry for three days straight" and it feels like she's "not even Charli anymore."

It's easy to think about the positives of social media! It's fun, it keeps us connected, it's entertaining and informative. But, even for the top influencers on social media, it has a dark side and effects all of us.

# MEDIA

## Q2 MORE TO YOUR STORY - 03 SOCIAL DILEMMA TRAILER

# DISCUSSION

## SMALL GROUP DISCUSSION QUESTIONS

- 1) What stood out to you in these clips?
- 2) Social media is the cause of a lot of my own insecurities, anxiety, and mental health issues. Do you agree or disagree with that statement for yourself? Why or why not?
- 3) If you agree that social media causes us so much harm, why are we still using it all the time?
  - a. *Leader - You might even want them to check their average screen time on their phones and compare numbers, if you want something fun to discuss. You can have them guess their hours then see what it really is*
- 4) What are some healthy habits and practices that you or others you know have implemented to have better boundaries? If you don't know of any, brainstorm some ideas.
- 5) If we are only looking at our lives and the lives of others through the lens of social media, what are we missing? Can you really know someone over social media?

# WRAP UP

*Have you or a leader share about a time they were influenced by something on social media in a negative way. It could be how you viewed yourself, how you viewed someone else, or believing something that wasn't true.*

Social media is a powerful tool that can be used to connect people, to reunite family members, reach out for help, and to stay in touch with people around the globe. But, as you know, there certainly have been unintended consequences of that constant connection. The inventor of the “Like” button of Facebook said that he made it in order to spread love and positivity. He had no idea that it would turn into a way for people to compare likes and assign value to themselves. In fact, people who helped develop social media platforms like Facebook, Instagram, & Pinterest all said they would not let their kids have social media until they were teens because of the effect they’ve seen it have on our mental health. It’s so easy to twist something that was meant for good to be used for something that causes destruction!

Now, I’m not going to stand up here and tell all of you to delete your social media. But I will challenge you to look beyond social media. When you only see other through this perfectly filtered view, it is easy to never feel like you measure up. Even if people are posting unflattering pictures or videos of themselves, it is still people posting a perfectly crafted image of what they want others to see. Looking at others through only the lens of social media & then comparing it to ourselves, it’s an impossible standard. We have to move beyond social media and see that our worth is more than a like, a comment, or how many views we get.

In the Bible, Jesus talks a lot about our value being more than what others see on the surface. Now, there certainly wasn’t social media back then, but there was definitely a struggle with comparison and giving someone value for what they did instead of how God saw them. Jesus said through the story of a man named Zacchaeus.

*Summarize the story of Zacchaeus in your own words [Luke 19:1-10]*

I love this story because Jesus looked beyond what others’ thought about Zacchaeus. Jesus notices Zacchaeus even when no one else liked what he was doing. Not only that, but Jesus challenged Zacchaeus to move beyond quietly observing Jesus walking down the street, trying to see if he would do a miracle or something, and wanted to spend time with him. Because of that, Zacchaeus got to spend time with Jesus, share a meal with him, and hear all the wisdom he poured out. He was so excited to spend that time with Jesus, and, I think Jesus was excited to spend with Zacchaeus, too. Because both of them moved beyond the surface, Zacchaeus’ life was changed! He walked away knowing his value was beyond anything he could ever imagine because he began to see himself un-filtered, through God’s eyes!

Jesus would say to you:

I see your junk.

I see your potential.

I love you very much and I want to be your friend.

Could you imagine if we started believing that? What if we started seeing ourselves through Jesus’ unfiltered lenses? These are some of the things Jesus calls all of us who choose to follow Him (no matter what we’ve

done): His Child, His friend, set free, not condemned, his heir, accepted, a saint, a new creation and more! *(for the scripture references, click here: <https://bible.org/article/who-does-god-say-i-am>)* Jesus sees us, unfiltered, exactly as we are, and say all of that.

Social media connects us, but it also filters how we see others. And, even more, it filters how we see ourselves. What if we moved beyond social media to see ourselves in a different way? Zacchaeus say himself in a different way when he spent time with Jesus. What would change if we began to spend more time with Jesus and asked him to let us see ourselves how he sees us?

## RESPONSE

This week, we are going to challenge you like The Social Dilemma challenges everyone. Take the 7 day pledge:

- **Create a scroll-free space in my life:** I won't use my mobile device 30 minutes before bed or 30 minutes after waking up.
- **Reclaim my screen time for connection:** I will turn off unnecessary notifications or disable them on apps that use surveillance-based algorithms to decide what information I see.

Instead, fill that time that you were using on social media to look beyond what you know about a friend, yourself, and Jesus. Put your phone in a different room for 1 conversation this week. If you want to know more about how to learn about Jesus & how he sees you, talk to a leader.

Who is ready to take the pledge this week and move beyond our social media?

## ANNOUNCEMENTS

SITE DIRECTOR - list any announcements here that you need to communicate to your group before Club concludes!

\*announce the time you will be showing the Social Dilemma to watch as a group.

## HEAD'S UP

**NEXT WEEK** | MORE TO YOUR STORY: BEYOND YOUR POV

This is the last week of the More To Your Story series. We want to help guide students in looking past their own Point Of View and see things from others' perspectives.

**2 WEEKS** | THANKSGIVING DINNER

Take a break from the normal flow of Club and have your Ministry Leaders and students bring all the fixings to have a fun-filled Campus Life Family Feast!

