

# INTEDEACES

**WEEKLY REFLECTION JOURNAL** 

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In the past we dreamed of

a future with jet packs,

hover cars and robots.

But few people imagined

technologies like the internet and social

media. They've transformed and improved our lives, but also raised new questions of how to engage online life.



This journal is intended to help you reflect on navigating the digital age as Kingdom people.

'All things are lawful', but not all things are beneficial. 'All things are lawful', but not all things build up. Do not seek your own advantage, but that of others.

1 Corinthians 10:23-24

# WEEK 1

#### Online:

- What is your favorite thing about the internet?
- What are some of your personal pitfalls online?

<ul> <li>How do you maintain the balance between "all things are lawful," but not "all things are beneficial?"</li> </ul>	



Challenge: This week take an interaction offline: meet for an in-person conversation, print off actual copies of favorite photos and share them with friends, poke someone IRL (in real life)!

# WEEK 2

#### Online:

- How can social media lead us into false versions of community?

Offline:  - What can you do to build genuine community?

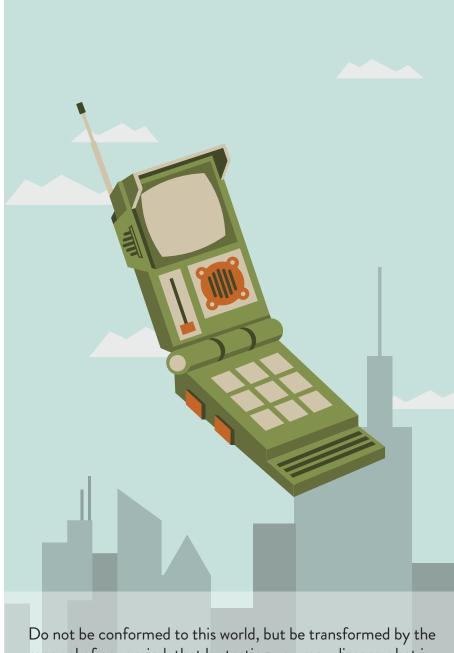
Challenge: This week before you post online pause a minute and ask why do I want to post this? Are you seeking validation? Are you bored? Lonely? Picking a fight? Seeking connection? After considering the reasons, decide whether or not you want to follow through with the post.

## **WEEK 3**

#### Online:

- How do you seek affirmation and validation online?
- What needs do you think you might be trying to fill through social media?

- Where do you get your life from?



Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2

# WEEK 4

#### Online:

- Social media presents only the highlight reel of people's lives, leading to false narratives. How can you avoid comparing yourself to others or trying to create your own perfect selfpresentation?

<ul> <li>Do you practice integrity across relationships? In other words, are you true to who you are no matter who you interact with?</li> </ul>



But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness.

James 3:17-18

# WEEK 5

#### Online:

- How do you practice healthy social media boundaries?
- Challenge: Take a day off from the internet.

Offline:
- How can you be a peacemaker in all interactions?
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Be wise as serpents but innocent as doves.

Matthew 10:16

# WEEK 6

### Online:

- How do you break out of the "echo chamber" of your newsfeed to listen to other views?

– Do you lis	ten to und	erstand o	or to respo	ond?	

