

INTERFACES

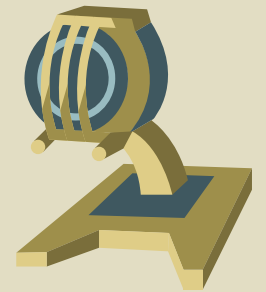
WEEKLY REFLECTION JOURNAL

INTERFACES



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.

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?

Offline:

- Where do you get your life from?

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.





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