

Let's Get Social



This guide goes along with "Q on queue – Episode 007: Get Social", available at www.qonqueue.com and through most major podcast sites and apps.

SCRIPTURES/POINTS FROM THE EPISODE (and space for notes) ☺

Social Media "Heart Check":

- Is what we **LIKE** what we're really like?
- Are things we **COMMENT** things we can say would also come out of our mouths?
- Do we **SUBSCRIBE** to things that align with our beliefs and our philosophies?

Romans 8:5-8 (NIV)

FOUR REFLECTIONS ON HOW (AND HOW MUCH) WE USE SOCIAL MEDIA

1. Surfing isn't productive - Ephesians 5:15-16 (NIV)

Check your phone. How much time do you spend on social media per day?

2. Pause before you publish - Proverbs 18:21 (AMP)

3. Check your favorites

How many friends and followers do you have? How many do you really know?

4. Be a light - Philippians 2:5 (NIV)

Philippians 4:13 (AMP)

QUESTIONS FOR REFLECTION

*SET A REALISTIC
TIME FRAME FOR
DOING WHAT YOU
NEED TO DO!*



Skim through your social media feed. Most of the posts are (check one):

☐ Very Negative ☐ Occasionally Negative ☐ Mix of Negative/ Positive
☐ Occasionally Positive ☐ Very Positive

Based on your above answer, what practical steps can you take to make your social media experience more authentically reflect who you want to be?

☐ Mute/Unfriend individuals ☐ Mute/Unfollow Businesses
☐ Post more positive messages ☐ Spend less time "surfing"
☐ Delete social media apps from my phone to spend less time on them