

Family Theme | **Navigating Social Media and Screen Time** Date | **June 1, 2025**

Study Text | **Colossians 3:1-17; 1 Corinthians 10:23-24, 31-33; Matthew 12:33-37**

Read the Word: Colossians 3:1-17; 1 Corinthians 10:23-24, 31-33; Matthew 12:33-37

Disciple Your Family: Discuss evaluating family members' use of social media and honoring God through their use of it.

Discuss the following Key Truths and how to apply them to life. Use the questions to spark discussion.



Key Truth: Believers Should Be Good Stewards of the Time They Spend on Social Media (Colossians 3:1-17)

APPLY: Don't let social media pull your focus to the things of this world. Stay focused on things above.

- *What is the danger in getting caught up in endless scrolling? How is that connected to stewardship and our purpose?*
- *How can we remain focused on things above while on social media?*

APPLY: Put to death worldly attitudes and actions that God will punish.

- *What does it mean to put worldly attitudes and actions to death? How does social media make that more difficult?*

APPLY: Represent Christ when engaging social media.

- *How can we make sure our conduct on social media is Christlike? What should we do if we find ourselves becoming angry or using rhetoric that reflects the world?*



Key Truth: Believers Should Choose to Honor God Through Their Social Media Usage (1 Corinthians 10:23-24, 31-33)

APPLY: Engage social media in a way that brings honor to God and draws the lost to Christ.

- *How can we use social media to honor God and draw the lost to Christ?*
- *From a gospel perspective, what might be the danger in posting controversial hot takes or sarcastic memes that are meant to anger others?*

APPLY: Use social media to promote the faith, the activities of your church, and the wellbeing of others.

- *When using social media, why is it tempting to compare our lives to the lives of others? Why is that dangerous? Why is that not even an accurate thing to do?*
- *What are some positive and helpful ways we can use social media?*



Key Truth: God Will Hold Us Accountable for Our Words, Both Spoken and Written (Matthew 12:33-37)

APPLY: Be careful what you write or say. Be truthful and encouraging.

- *What do your words on social media reveal about you?*

- What is the danger in using social media to promote conspiracy theories? How could this hinder our efforts when trying to share the gospel with others?
- Read James 1:19. How can we apply this principle to social media usage? How might it benefit us?
- How should a love for our fellow neighbor impact the way we use social media?

Build a Foundation: Discussion questions for elementary students.

*Go to www.d6everyday.com to download a tip sheet for helping children navigate social media.

- How can screen time (television, computer, gaming, iPads, phones, etc.) affect your behavior and relationships with God and others?
- What are some benefits of social media? What are some downfalls?
- What are some ways you can guard your minds, hearts, words, and actions from being influenced by what you see on electronic devices and social media?

Work together to memorize the Verse of the Month: ***Psalm 23:1***



Discuss This Week's Building Block:

The armor of God includes the belt of truth, the breastplate of righteousness, the shield of faith, the shoes of peace, and the helmet of salvation (Ephesians 6:13–18). See also the Lesson 6 Building Block.

Everyday Extras:

Gather a jug of water, a raw egg, about a cup or more of salt, and a spoon. Use the spoon to gently place a raw egg in the jar of water. Explain that the egg represents the unkind words and actions that make us feel sad and discouraged and weigh us down. Remind your child the Bible teaches us our words can bring life and healing (Proverbs 12:18; 15:4). Let family members share kind words about each other as you add salt to the jar of water with the egg (the salt will make the water to become denser than the egg and cause it to rise). Encourage everyone to lift the spirits of those around them by using kind words. Pray and ask God to help you be wise and kind with your words.

Preschool Highlights:

Today your child learned God gives His spiritual armor to protect us. The *helmet of salvation* protects our minds by guarding our thoughts against the Devil's lies and helps us to stay focused on the truth. The *Sword of the Spirit* is the Bible. It is very powerful, and we can use God's Word to help us fight against the Devil's tricks.

God Gives Me Protection.