



Thinking points

"Worth? #Influenced"

1.

Have you ever purchased an un-needed product from Instagram / Facebook / YouTube, etc.?

2.

Have you ever been speaking about something that you need, and then gone on your device and found ads for that very product?

3.

Rhys spoke about charging his phone in another room. Do you have any guardrails or boundaries around your phone usage, or can you think of any that you could challenge yourself to implement?

4.

Scrolling through social media, have you ever felt your emotions change based on what you're seeing? Maybe feeling left out, insecure or like there's something more you need in order to be happy? Or wishing you were more like someone else, or that your latest post had more likes or engagement?

5.

How big is the gap between who you are online and who you are in real life? What do you think are the pro's and con's of this space?

6.

How can we feed into our worth through our God-given gifts and purpose, as opposed to feeding into our worth via social media?

"Our true worth doesn't come from who we are perceived as, or even who we perceive ourselves as, but from who God says we are; which is then fulfilled as we live out the purpose that He has called us to."

