



{2} RETWEET THIS?

Are you still holding out for the 'dislike' button? The masterminds of social media obviously have the ability to make this happen...just give us the power!

We love the power of making our opinions heard. Social media gives us the control to act as critic, artistic evaluator, and popularity judge.

But as much as we love to give our opinions, we also love the ability to constantly receive the opinions of what others think about us. Social media has created a world of instant feedback: criticism and affirmation are expressed in re-blogs, likes, comments, followers, shares, mentions and +1s. Teenagers can keep track of their popularity like the stats of a sports star.

How many 'likes' do we need to feel secure?

What comments do we need to receive to affirm our value?

Who do we need a 'mention' from to solidify our worth?

1 Corinthians 6:19-20 says,

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price."

We need to stop turning to social media to find our sense of value and worth. You were bought at a price and that confirms your value in God's eyes. The price was the life of Jesus Christ. He offered His life so that we could receive true life. He desires to have an intimate connection with you, so close that the Holy Spirit literally dwells inside of you. The Infinite, Almighty God sees fit to make His home within you.

How many +1s is it going to take to measure up to that?

How do we respond to the truth that God values us this way?

Ephesians 2:8-9 helps to keep things in perspective:

"For it is by grace you have been saved, through faith - and this is not from yourselves, it is the gift of God - not by works, so that no one can boast."

By the grace of God, salvation is available to us. If we have put our trust in who Jesus is and what He has done, we are considered worthy before God and He is pleased to dwell within us.

So let's not get proud, thinking that we have done anything to deserve this. We should be simply amazed that God would love us in this way. As we grasp the significance of the price that was paid to give us life, how can we go on worrying about what others have to say about us online? Why would we gain any sense of value from 'likes' or 'retweets' when we know that our life was bought with such a high price?

On the next page are some practical steps we can take to make sure that we find our value from Jesus and not from social media.



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Start asking yourself 'why?'

Why do I post pictures? Why do I tweet? Why do I put time into my tumblr? Am I trying to stay connected and share my life with others, or am I looking for validation and a sense of worth from their feedback and attention? Social media is an amazing way to stay connected, but it's important to do a motivation check for what is driving our social media use.

Stop keeping score.

What gives you the greatest satisfaction from social media? Is it the number of followers you have on twitter? The stream of comments on Instagram? Are you refreshing to check for new notifications? Are you keeping track of how much interaction your posts are receiving? Recognize the ways you depend on social media for your value, and start limiting that influx.

Try to grasp how much you are loved.

As you spend time in the Bible, listen carefully for what it says about your identity and value. If we have a clear understanding of the glory of Jesus, and our worth in His eyes, we will no longer feel the need to turn to social media to speak into our significance.

Here are a few passages to get you started...

Genesis 1:27

John 1:12

Romans 8:1-2

Romans 8:38-39

John 15:4-5