

WEEK 3 - What Now?

Healthy Media Consumption

Spring Emphasis 25 // Canopy Guide

CONVERSATION STARTERS:

These questions are great for breaking the ice and getting your group talking. Pick a question or two that fits your group for an all play conversation.

- What type of media do you consume most? (news, social media, TV, movies, video games, etc.) Do you have a favorite?
- When has social media been helpful to you?
- If you are of a certain age, do you wish social media existed when you were young?
- Do you have any personal rules about your use or your family's use of social media?

WEEK 3 VIDEO INTRO: [CLICK HERE](#)

LEADER GUIDE:

In Philippians chapter 4, Paul encourages the people of the church at Philippi to do several things. He starts by telling them to “Rejoice in the Lord always”, he then tells them to think about things that are true, honorable, just, pure, pleasing, commendable, excellent, and worthy of praise. These are instructions not just to the Philippian church, but also to us as members of the Church now. It is so easy (and sometimes fun) to get sucked into the wormhole of media consumption - to binge the newest show, doom scroll funny reels, or consume as much news as we possibly can. These pieces of consumed media shape our minds and emotions, and whether we are actively aware of it or not, they impact how we think, react, and speak. Our hope for this week is to pause and ask this question: Is this what we want to be shaped by? Like Maci mentioned in the video, algorithms learn how to keep us engaged, and they often manipulate our fear and anger

to hold our attention longer. We have a choice though, we can be different. We can work to not be consumed by our phones, and to be present with the people around us. We can choose what types and forms and amounts of media we consume. We can strive to follow Paul's advice and choose to be shaped by the things that are true, noble, right, pure, lovely, admirable, excellent, or praiseworthy under the grace of God's love.

SCRIPTURE TO READ

- Philippians 4:4-9

DISCUSSION QUESTIONS:

- What are some things that Paul might have meant when telling the church in Philippi to think on the things that are “true,” “honorable,” “just,” “pure,” “pleasing,” “commendable”? Things with “excellence” and that are “worthy of praise”?
- Where in your life are you thinking about those things? Why is it important to “think about these things”?
- How does social media, internet interaction, or the videos or movies we watch make it hard to “think about these things”? How does it encourage it?
- In this passage, Paul gives some commands to the church. Here are some we haven't talked about yet: “Rejoice in the Lord always,” “Do not be anxious about anything,” and “In everything by prayer and supplication with thanksgiving let your requests be made known to God.” At the beginning of this letter Paul gives the church an update on how he's doing, and - spoiler alert - he's in prison! Given that context, what do you think Paul means when he gives these commands?
- What does it look like to live out these commands? In your life? In the life of someone you know?
- What are some obstacles to living a life of rejoicing in the Lord and giving all your requests to God? How does your phone or your media consumption act as a hindrance? How does it act as a tool for rejoicing?
- What do you think is the root cause of our desire to consume media in high volumes? As you peel back the layers, do you feel there's something your missing

out on or a hunger you're trying to satisfy?

- What would a healthier step forward look like for you?

RESOURCES

These resources are great for leader prep and for group member follow up if you're interested in learning more on the topic today.

- [TED Talk, Eli Pariser, 2011](#). This 8 minute TED talk explains the way algorithms create “filter bubbles” and regulate what you see online. It does a good job of explaining the concept plainly and highlighting the need for better ethics.
- YouTube video links on how to check your screen time on [iPhone](#) or [Android](#). These are great tools within your phone to raise self-awareness of the amount of time you spend on your devices.
 - How to check screentime on your iPhone:
 - Open Settings
 - Tap Screen Time
 - Tap App & Website Activity
 - Tap See All App & Website Activity
 - How to check screentime on your android:
 - Open your phone's Settings.
 - Tap on Digital Wellbeing & parental controls.
 - You will see a summary of your daily screen time usage.
- Harmony Healthcare IT research survey on phone usage, [2024 data](#).
- Books recommended to navigate tech use in the family: (there's a lot out there, like an overwhelming amount, but these are ones we've read and found helpful)
 - [Tech Wise Family](#), Andy Crouch
 - [My Tech-Wise Life: Growing up and making choices in a world of devices](#), Amy Crouch (daughter) & Andy Crouch (interesting perspective that comes from the daughter of a tech-wise family)
 - [Habits of the Household](#), Justin Whitmel Earley
 - [The Opt-Out Family: How to Give Your Kids what Technology Can't](#), Erin Loechner (this one is a bit of a gut punch)
 - [The Anxious Generation](#), Jonathan Haidt