

SMALL GROUP GUIDELINES

- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- There is NO cross talk please. Cross talk is when two individuals engage in dialogue, excluding all others. Each person sharing is free to express feelings without interruption.
- We are here to support one another. We will not attempt to "fix" another.
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group! The only exception is when someone threatens to injure themselves or others.
- Offensive language has no place in a Christ-centered group.

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Bel Air
Church

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

SOCIAL MEDIA ADDICTION

The Problem & Solution for Men & Women

Bel Air Church Weekly Recovery Mtg.

THE PROBLEM

- You use social media to distract from hurts, anger, frustrations or resentments.
- You experience a fear of missing out (“FOMO”) on what’s happening on social media sites if you aren’t keeping up.
- You feel more connected to people or even God via social media than when connecting with them / Him in person.
- You’ve tried to stop using social media and find you can’t.
- You spend time & energy watching and updating social media accounts when you could be doing “real world” things like communing with God, chores, seeing friends, enjoying hobbies.
- You’re more interested in the lives of people & things on social media than the ones you encounter in actual life.
- You find yourself looking at your phone in the middle of the night, while using the restroom, or even driving.
- You engage in activities – like choosing clothes, cooking meals, working out, even worship – with the main goal of recording it to post on social media, often as quickly as possible.
- You feel anxious when you can’t get a screen, thinking about the next time you’ll be able to.
- You find yourself using the anonymity of your screen persona to insult, mistreat or bully others.
- You rationalize your overactive social media use by saying “my friends all watch that much” or “society says it’s OK.”

THE SOLUTION

- First you must acknowledge you are addicted to social media. *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13*
- You must recognize that you are using social media as for emotional comfort due to hurts, anger, frustrations or resentments. *For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. 1 John 2:16*
- You must recognize that your own “will power” is not the answer. You must yield your will to God’s Will. *The heart is deceitful above all things. Jer. 17:9*
- You must deny access to any social media you have. *No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. Matt. 6:24*
- Make yourself accountable to a “safe” person to share your struggle with. *Therefore confess your sins to each other and pray for each other so that you may be healed. James 5:16*
- Give yourself time to work through the process. God chooses to take us all through our own growth process. It really is One Day At A Time. *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Matt. 6:34*