

**Q & A Series**  
**WWJP**  
**Select Scripture**

Question: *Should we post controversial political things on social media, like Facebook?*

**ACTION STEPS...**

- **Be \_\_\_\_\_ with your \_\_\_\_\_.**
- **Priority must be \_\_\_\_\_.**
- **Guard your \_\_\_\_\_.**
- **Post to \_\_\_\_\_ not \_\_\_\_\_.**
- **Practice \_\_\_\_\_.**

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**Message Application:**

I want to give you some practical way you can put the sermon into practice this week. Allow me to share some action steps for each point made today.

**1. Be wise with your time.**

- Don't allow phones in certain rooms, like your bedroom. Charge them silently in another room.
- Ban devices from meal times. One person said that when he eats out with friends they all stack their phones in the middle of the table and if someone grabs it before the meal is over, he or she pays the check.

- Practice a weekly sabbath – rest from social media one day a week.
- Put time limits on social media use.

## **2. Priority must be God.**

- Make quiet time with Him the first thing you do every morning. And if it makes you anxious to have quiet God time before checking social media, you might have a problem you need to address.

1 Corinthians 10:23 says that “all things are permissible for you as a Christian, but not everything is good for you.”

## **3. Guard your purity.**

- Unfriend Facebook friends freely and quickly. You have permission to unfriend or block anyone who posts anything that’s not good for you. Unfriending is not unkind – it’s a smart and healthy way to guard yourself.
- Be accountable to someone for your purity. Try to meet regularly with trusted friends and be open and honest with each other. It’s a myth that women don’t need accountability in this area. (Statistically, about a quarter to a third of American women look at porn.)
- If porn is a problem for you, get a filter or internet browser that will prevent its access.

## **4. Post to love not criticism.**

- Practice the “five minute rule.” Wait five minutes before sending any post. Haste leads to unnecessary harm.
- During that five minutes, think of the consequences of your post. Does it build someone up? Is it loving, wise and good? If it’s a photo, would you want your kids, grandkids, future spouse and potential employers to see it – since they likely will?
- Finally, ask yourself: why do I want to post this? God sees and cares about your motives. Be honest with yourself – are you trying to be right, feed your ego, or stir up an argument? If your motives are wrong, it’s sin. Don’t send it. After five minutes, if you still want to send it – go for it.

## **5. Practice Contentment.**

- And again – unfriend people who cause you to stumble. Comparing yourself and your life to others is guaranteed to bring you down. It's not good for you, so don't do it.

These are some suggestions to think about this week. Take an honest assessment before the Lord Jesus. Is he the LORD of your social media? If not, why not allow him to lead you into change.

Grace & Peace,

Wm. Lyons.