

What do I spend my time thinking about? What is consuming me?

Let's think about what we devote our mind's attention to. What we think about determines who we are (Proverbs 23:7).

On social media, you are not the consumer: you are the product being sold. You are not just using technology; technology is using you. Social media is not evil in and of itself, but we must be conscious of how it using us, and not allow it to dominate our minds.

Jean Twenge wrote a poignant article in *The Atlantic* on this subject. Some key takeaways:

- People are more comfortable online than being out partying.
- People are safer physically than ever because they aren't going anywhere—they are inside online.
- Many are on the brink of a mental health crisis.
- Correlation between depression and smart phone usage is strong enough that more parents should be encouraging their kids to put down their phones.
- Even Steve Jobs limited his kids' use of their smartphones.

When we are so intertwined with technology, we lose creativity. This world has many problems, but every problem has a solution in God. We have to tap into God's creativity in order access the answers.

Youth aren't the only ones on social media; in fact, the largest growing segment of Facebook users is people aged 55 and up. Too many of us are deriving our worth from social media. Your worth comes from your Creator, not the approval of our peers on social media.

Genesis 2:15-17

There are two spirits in control on social media: fear and pride. Fear is given a foothold when we don't know who we are, making us derive our worth from the approval of people instead of God. Pride is puffed up by knowledge, making us think that we ourselves are gods.

What you see on social media isn't real. People online only present the best version of themselves.

Romans 12:1-2

As people of God, our thoughts have to be different. Being different may not be comfortable, but it's what's needed. The enemy has tried to captivate us with knowledge and information, but we have to battle for our minds! Start out by meditating on the Word. God will change the way you think; then, you will pray like Jesus prayed, saying "not my will, but Yours, be done" (Luke 22:42).

2 Corinthians 10:3-5

When we're connected to the Lord, our weapons pull down strongholds. Confess this when the enemy attacks: "my weapons are mightier." Every problem has a solution. We can't tap into the creativity of God when our mind is full of empty thoughts. Tell those negative thoughts, "I cast you down in the name of Jesus!" Our words have power. Speak it! Take every thought captive.

Romans 8:5-14

The carnal mind is consumed with the things of the flesh (v6). That mind is hostile to the things of the Lord (v7). God wants us controlled by the Holy Spirit, not our smartphones (v14).

James 4

Friendship with the world is enmity against God (v4).

Don't be so consumed with technology that you lose your mind. It's time to start winning this battle for our minds!