

Conversation Starters

- How much time do you spend online each day or week?
- How much of that would you deem essential?

Discuss

We're online now more than ever. The Bible gives us valuable wisdom on how to conduct ourselves and reset this major area of our life:

I will lead a life of integrity in my own home. I will refuse to look at anything vile and vulgar. ([Psalm 101:2-3 NLT](#))

- Would this verse filter out anything you've slipped into watching lately?

...take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. ([James 1:19-20 NIV](#))

The mouth of a good person is a deep, life-giving well, but the mouth of the wicked is a dark cave of abuse. ([Proverbs 10:11 The Message](#))

- If someone were to scroll through your social media, would it be characterized as life-giving?

Let us not become conceited, provoking and envying each other. ([Galatians 5:26 NIV](#))

- What are you like on Instagram and other platforms like it?
- Is there any part of you that secretly wants to provoke envy with your online presence?

Be still, and know that I am God. ([Psalm 46:10 NIV](#))

- When do you purposefully unplug and have time with God?
- Do you need to be wiser about how you use your time, particularly online?

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep His promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do. ([Hebrews 10:23-25 NLT](#))

- How are you staying connected to fill your spiritual life right now?
- Are you unplugging from any areas you shouldn't be?

Just as Christians know to try and honor Jesus with what we do in public physically, we should honor Jesus with how we conduct ourselves digitally. This is the first generation of Christians inhabiting the virtual world, and we are to be the salt of the earth and the light of that world.

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men. You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven. ([Matthew 5:13-16 NIV](#))

- Does your digital life match up with your physical life?
- If you're a Christian, how do you take that responsibility?
- How can you be salt and light online?

Next Steps

Reset yourself for what it means to be a follower of Christ and to represent Him with honor online. Take an inventory of how your spending your time online; you can use a screen time management app to help. Reflect on the Scriptures this week as you engage online.

Further Reflection

Read Proverbs [12:18](#); [15:1](#); [15:4](#); [16:21](#); [16:23-24](#); [Ephesians 4:29](#); Matthew [6:5](#); [6:16](#); [1 Kings 19:11-13](#).

Pray

God, Your wisdom for our life has no boundaries, including both the physical and the digital. We're not perfect apart from You, but we can always choose to be loving. Thank You for how we can still be connected with others even when we can't be in-person. Help us to follow Your wisdom for our online life and be life-giving with our words, authentic in our approach and to know when we should unplug and stay plugged in to the right things.