

Saturday, 21st February '26

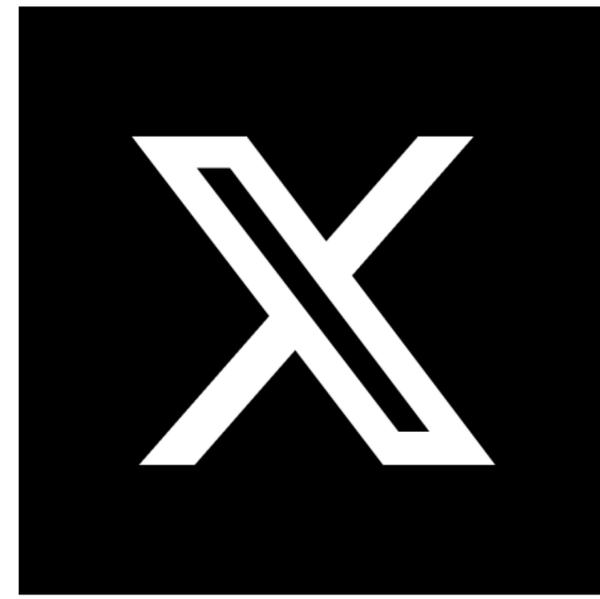
God, Technology, Social Media & Us

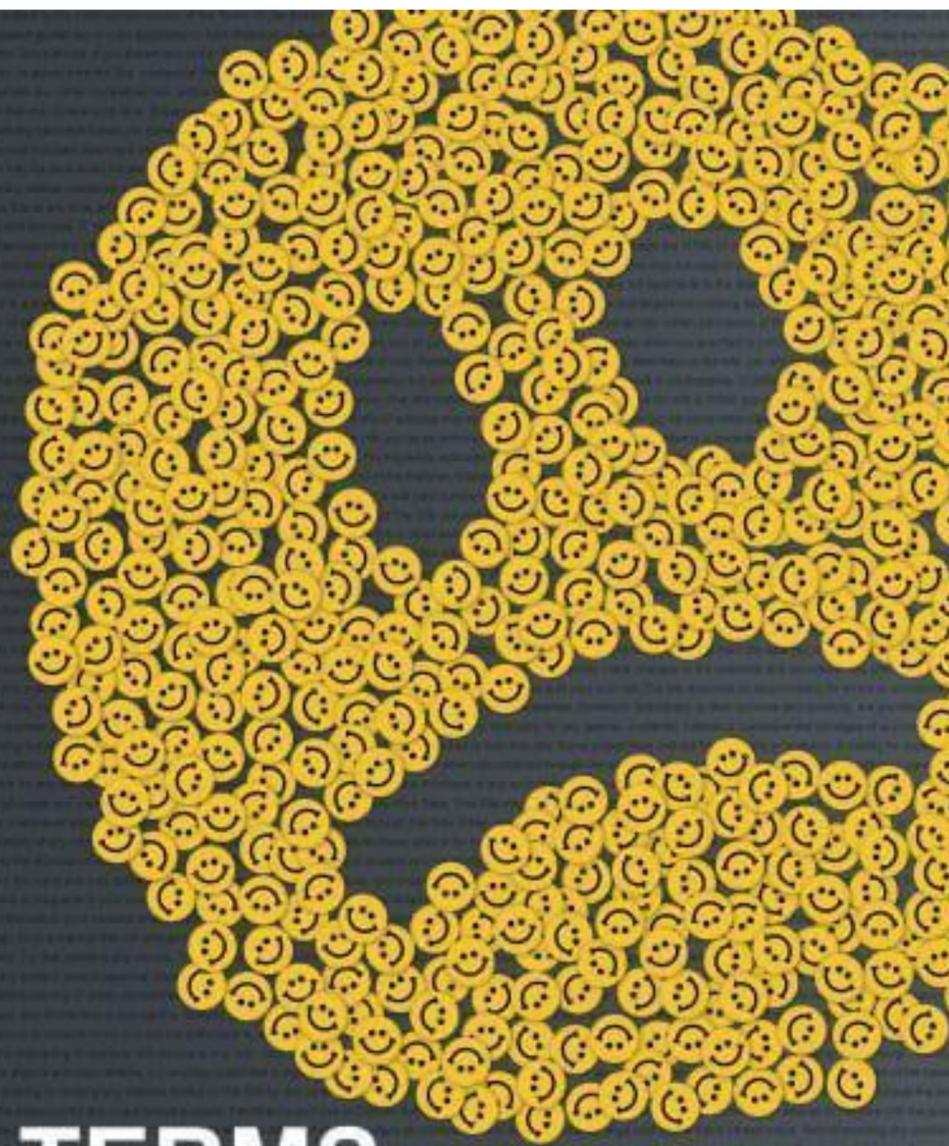
Social Media

What is social media?

“The creation of the World Wide Web is regarded by many as the most important technological advancement in the twentieth century and perhaps modern history.”

Chris Martin, Terms of Service





TERMS OF SERVICE

THE REAL COST OF SOCIAL MEDIA

CHRIS MARTIN

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THE REAL COST OF SOCIAL MEDIA

1. On the face of it, social media is a helpful tool

“the God of the universe is profoundly social”

Sarah Eekhoff Zylstra

“They are who they are together. They always are together, and thus they always work together.”

Michael Reeves

“He never reads a social media post and alters what he thinks or how he acts... The Rock of Ages is eternally the same.”

Sarah Eekhoff Zylstra

2. In reality, social media isn't merely a tool

“The social internet is designed to be addictive. It’s not a neutral tool humans have discovered and decided to use nonstop on their own. Since the start, and especially in the more recent iterations, the social internet has been designed with the intent to get people addicted.”

Chris Martin

3. In fact, social media is changing us - and not for the better

“The question is not, ‘Is social media affecting my emotions?’ but rather, ‘Am I aware of the influence social media is having?’”

Sarah Eekhoff Zylstra

“Twitter today is not the Twitter of 2009. I am again and again shocked at the darkness that now lives there.”

Paul Tripp

“The level of cruelty, dismissiveness, and downright mockery that lives on Twitter (and other social media sites) within the Christian community is breathtaking and disheartening.”

Paul Tripp

“Mountains of data have been collected in the last few years that point to a clear relationship between increased social media use and increased experiences of anxiety and depression.”

Chris Martin

iGen Jean M. Twenge, PhD

Jean M. Twenge, PhD
author of *Generation Me*

iGen



Why Today's
Super-Connected
Kids Are Growing Up
Less Rebellious, More
Tolerant, Less Happy—
and Completely
Unprepared for
Adulthood*

"Surprising."
—TIME

*and What That Means for the Rest of Us



ATRIA
PAPERBACK

“teens who spend more time on screen activities are more likely to be unhappy, and those who spend more time on nonscreen activities are more likely to be happy.”

Jean Twenge

“If you were going to give advice for a happy life... it would be straightforward: put down the phone, turn off the computer or iPad, and do something - anything - that does not involve a screen.”

Jean Twenge

“The teens who are most active on social media are also those who are most in danger of developing depression.”

Jean Twenge

“All the research on the epidemic of teen anxiety and depression lays the greatest blame upon the overuse and misuse of digital technology.”

David Murray

“Basically, our teens will never recover from anxiety and depression until they get digital technology under control. No matter what else you do, if you don’t deal with this, all your other efforts will be in vain.”

David Murray

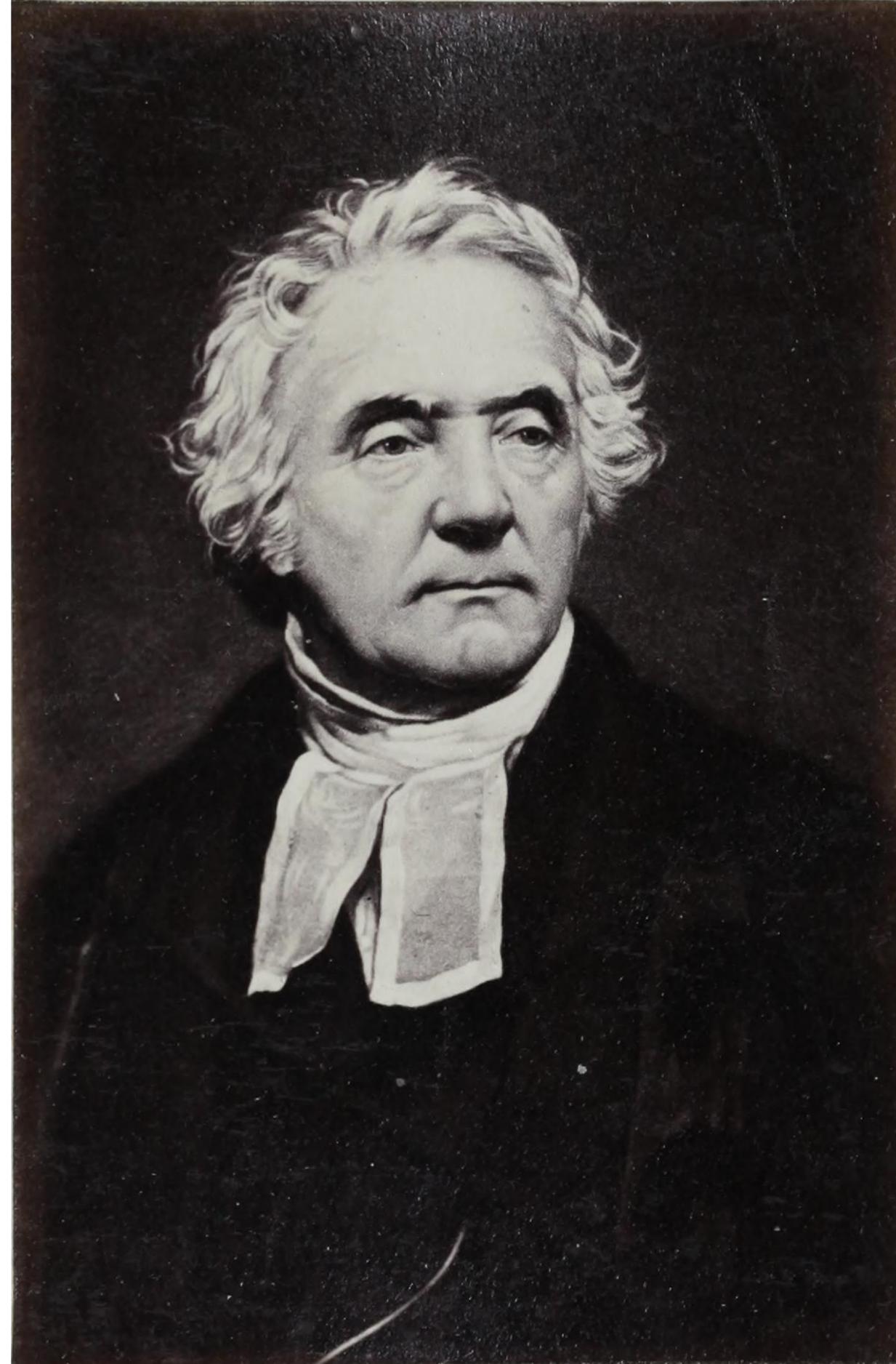
4. Therefore, we must be wise in our use of social media

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- Being wise means recognising our real problem

“It is always the evil that is still inside us that hooks us to the evil that is outside of us.”

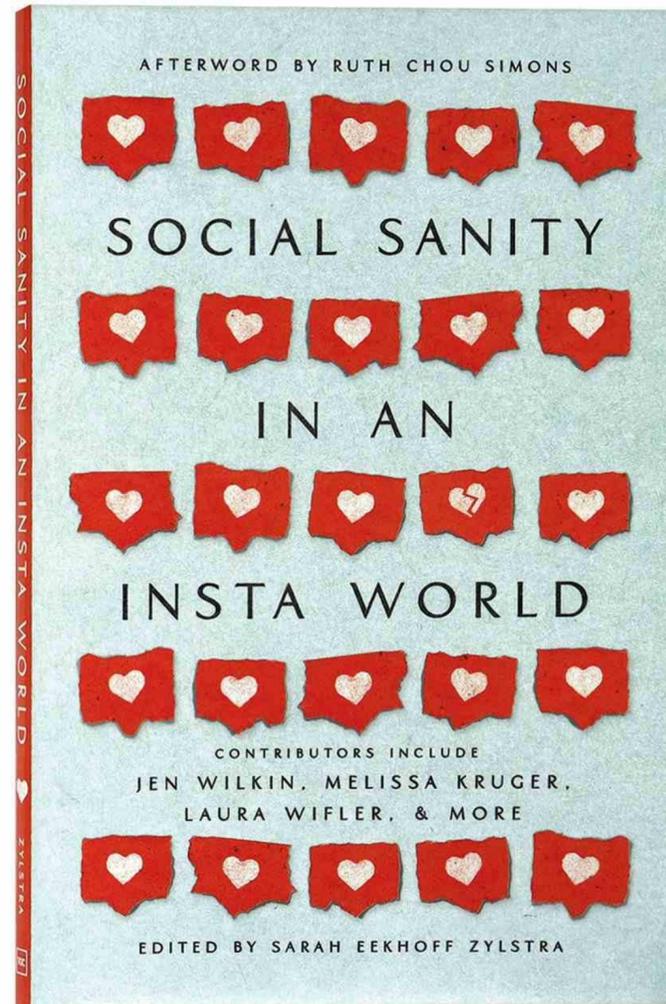
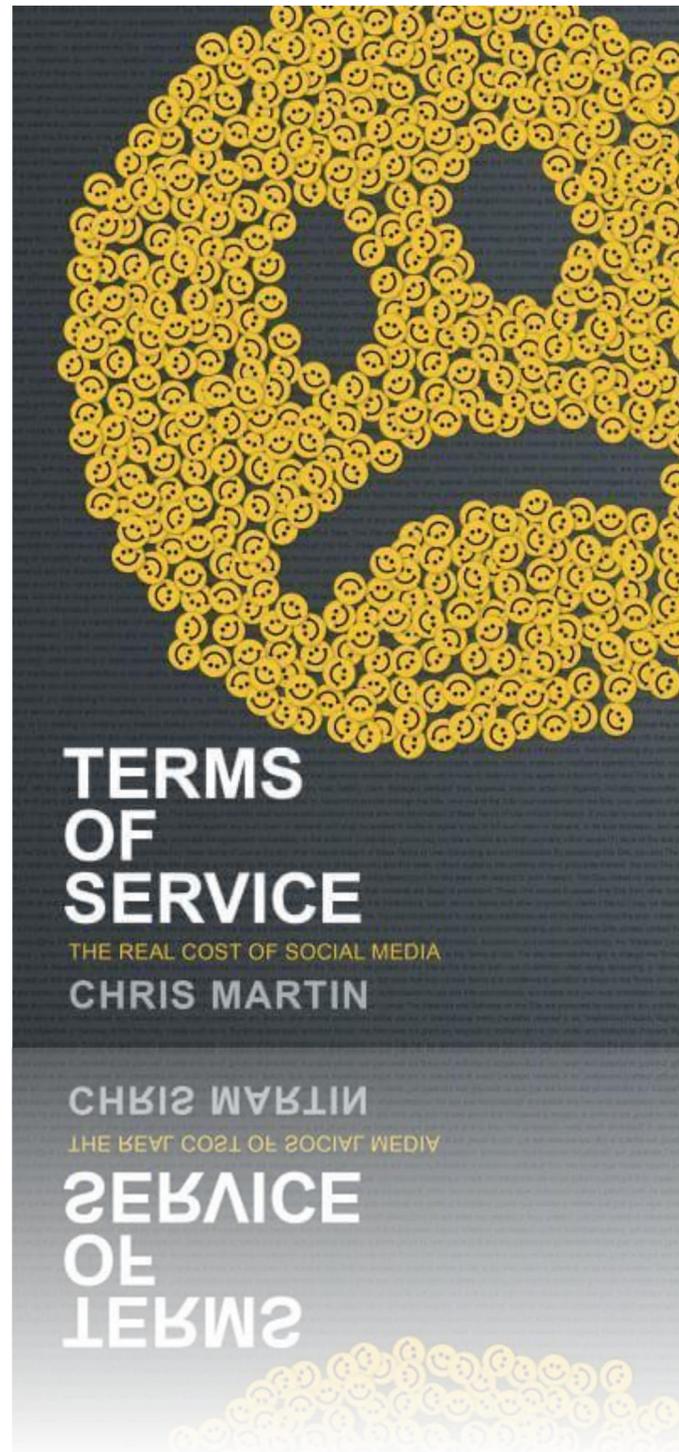
Paul Tripp



4. Therefore, we must be wise in our use of social media

- Being wise means recognising our real problem
- Being wise means recognising a better way to live

Suggested reading:



Paul
David
Tripp



reactivity

How the Gospel
Transforms Our
Actions & Reactions

Actions & Reactions
Transforms Our
How the Gospel

reactivity

Discussion Questions:

- What social media do you use?
- What's your favourite social media platform? Why?
- How much time do you spend on social media every day?
- What's good about social media? What's bad?



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