

## SOUL DETOX – FINDING PEACE

### ABOUT TODAY

Today in the *Soul Detox* series your group will prepare for a Social Media Fast. We will look at the challenge that Social Media is in our lives and we'll replace it with a time of gratitude.

#### ITEMS NEEDED

- Prayer Journal       Bibles       Pens

#### CHECKLIST BEFORE YOUR GROUP ARRIVES

- Pray for the group       Print Discussion Guide       Refreshments (optional)  
 Clean meeting area       Clean bathroom       Crack open front door

### ICE-BREAKER & OVERVIEW (7 – 10 MIN)

*After a general welcome, say:* Before we get into the fourth fast for the *Soul Detox* series, let's start with a discussion about last week's fast.

#### HOW HARD WAS THE BEVERAGE FAST FOR YOU?

#### HOW DID IT AFFECT YOUR FAITH TO RECITE THE WORDS OF PSALM 51:10 ALL WEEK?

*After a discussion, say:* Regardless of how last week went for you, this week is a new week with a new fast!

### OPENING PRAYER (1 MIN)

But before we get started, would someone open us with prayer?

### LESS: SOCIAL MEDIA (5 – 7 MIN)

*Say:* For week 4 of the *Soul Detox* series we will be doing a Social Media Fast! This is a fast that will be very difficult for some of you but, for others, you won't see much change in your everyday activities.

#### WHAT SOCIAL MEDIA APPS DO YOU HAVE ON YOUR PHONE OR COMPUTER?

#### HOW OFTEN DO YOU USE THEM? (IPHONE USERS GO SETTINGS > BATTERY > SCROLL DOWN > SHOW ACTIVITY... TO SEE HOW MANY HOURS YOU USE EACH APP.)

Like the other weeks, there are options for you. You might go all out and delete the apps on your phone or computer. Or you might limit yourself to a certain amount of time, like 30 minutes in the evening.

#### WHAT OPTION DO YOU THINK YOU'LL CHOOSE, AND WHY?

#### ON A SCALE OF 1 TO 10, WITH 1 BEING NOT AT ALL AND 10 BEING EXTREMELY DIFFICULT, HOW HARD WILL THIS FAST BE FOR YOU?

There's a close connection between using a fast and deepening our relationship with God.

#### CAN SOMEONE READ JOEL 2:12-27 ALOUD FOR THE GROUP?

#### AS YOU LISTENED TO THIS READING, WHAT WORD OR PHRASE STOOD OUT TO YOU AS WE PREPARE FOR A SOCIAL MEDIA FAST?

*After a discussion, say:* Social media is full of all sorts of dangers and negative consequences. From isolation to arguing to comparison traps.

**THIS SUNDAY IN CHURCH WE LOOKED AT EPHESIANS 5:3-4 THAT LISTS A LOT OF THE PROBLEMS WITH SOCIAL MEDIA. LET'S ALL TURN THERE AND READ IT TOGETHER.**

**SAME QUESTION. AS YOU LISTENED TO THIS READING, WHAT WORD OR PHRASE STOOD OUT TO YOU AS WE PREPARE FOR A SOCIAL MEDIA FAST?**

### **FOR MORE: JESUS (10–15 MIN)**

*After the reading, say:* We're going to follow the teaching of Apostle Paul from Ephesians 5 and, instead of engaging in the dissension in social media, we're going to give thanks.

The idea is simple: whenever you feel the impulse or followed the habit of checking your social media app, thank God for one thing, instead. Do this every time you feel the urge to check social media during your fast. But, no repeats—give thanks for something new each time!

**WHEN YOU'VE TAKEN TIME TO GIVE THANKS, WHAT EFFECTS HAS GRATITUDE HAD ON YOUR LIFE?**

### **GOSPEL REMINDER (1 MIN)**

*Say:* At the end of the day, social media reveals our sinfulness as people. The problem isn't social media, the problem is the people using social media! But remember my friends, God not only forgives us of our sin, he also empowers us by his Spirit to be different in the way we use social media.

### **CLOSING PRAYER (5 MIN)**

*Ask:*

**ARE THERE ANY PRAYER REQUESTS TODAY?**

*Host, write the group's prayer requests in your group prayer journal. After prayer requests are shared, close the group in prayer, asking God to help you know Jesus through this week's fast.*

### **ANNOUNCEMENTS (2 – 3 MIN)**

- This Wednesday at 6:30 PM we'll have our monthly Prayer Service

Looking ahead a bit:

- Sunday, March 24 we will have Palm Sunday Worship
- Thursday, March 28 at 6:30 PM we will have Maundy Thursday worship with communion at 6:30
- Thursday evening, March 28, we will begin a 24-Hour Prayer Vigil until Friday evening, March 29<sup>th</sup>
- Friday, March 29 at 6:30 PM there will be a Good Friday service.
- Saturday, March 30 from 10:00 until 12:00 will be the "Easter Eggstravaganza.
- Sunday, March 31 will have Easter Worship services at 7:00 (Sunrise service), 8:15, 9:30, and 10:45!