

HOPE

March 10 - April 21

Miss a sermon? Catch up
online: harvestchurch.tv



VERN STREETER

Social Media and Your Soul

March 24, 2019

I. iGen

Less

- Going Out
- Dating
- Driving
- Money
- Time on homework
- Time with family
- Time with friends
- Adulthood
- Sleep
- Happiness

More

- Depression
- Suicide

1. Left Out
2. Bullied
3. Sleepless
4. Disconnected

II. iBible

1. Moderation (1 Corinthians 6:12; Proverbs 15:16)
2. Self Control (Proverbs 25:28; Galatians 5:22-23)
3. Connection (Genesis 2:18; 1 Thessalonians 5:11)
4. Identity (become a Christian) (John 1:12; 1 Peter 2:9)

III. iAll

- Regulate – sweet spot is up to 1 hour a day
- Go on a social media diet...or fast
- Parents
 - NO screens before age 2
 - Put off as long as possible – the younger the worse
 - There's an app for that
 - Meals. Car. Bedroom.

Reference: Dr. Jean Twenge "iGen"