

Liking Jesus Viewer Guide Session 1: Recovering Contentment

Group Discussion:

Take time to talk about what you just watched.

1. What part of the teaching had the most impact on you?

Living in a Selfie-Centered World

2. At the beginning of the video, Craig described how social media often leads us to compare our behind-the-scenes with everyone else's highlight reel. On Instagram, he saw friends attending a conference he wished he could attend, hanging out with people he wished he knew, vacationing in places he wished he could be. When he compared where his friends were with where he was – stuck in his office – he felt discontent and bad about himself.
 - Briefly describe a recent “highlight reel” you came across. How did it compare to your “behind-the-scenes”? What response did it prompt in you? For example: discontent, gratitude, envy, happiness, etc.
 - Consider your own social media highlight reels. If someone you didn't know were to look at your several posts on social media, would they be more likely to get the impression that your life is better than it really is, worse than it really is, or pretty close to how it actually is? Describe any examples that illustrate your response. (and no, you may not use your phone to illustrate your response!)
 - Aside from social media, what else tends to triggers discontent or envy in you? For example: when someone you know gets a new car/gadget/outfit, has a great marriage or romantic relationship, has more favorable life circumstances, etc. In what ways, if any, do these experiences or your response to them differ from those triggered by social media?
3. A selfie-centered world is a world that makes everything about us. But if we want to live in a way that honors Christ – who calls us to die to ourselves and follow him – we have to be different. We have to resist the distractions, habits and temptations that pull us away from loving God and loving others.
 - Consider first how you are affected when a friend or family member uses technology or social media. How does their use of these tools strengthen your relationship or demonstrate their love and care for you? How does their use of these tools weaken your relationship or become a source of tension?

