



The Role Of Social Media In Perpetuating Unrealistic Expectations

Description

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Social Media Perpetuating Unrealistic Expectations

Social media has become an integral part of our lives. It has become a platform for us to share our thoughts, feelings, and experiences with the world. But it has also become a platform for us to compare ourselves to others and to create unrealistic expectations for ourselves. This can be especially damaging for young people who are still developing their sense of self-worth and identity. As Christians, it is important for us to be aware of the role that social media can play in perpetuating unrealistic expectations and to take steps to counter this.

The Bible speaks to this issue in many ways. In Proverbs 23:7, it says, “For as he thinketh in his heart, so is he.” This verse reminds us that our thoughts and beliefs about ourselves are powerful and can shape our lives. If we are constantly comparing ourselves to others on social media and believing that we are not good enough, then this will have a negative impact on our self-esteem and our overall well-being.

In addition, Philippians 4:8 tells us to “think on these things”. This verse encourages us to focus our thoughts on things that are true, noble, just, pure, lovely, and of good rapport. This is a reminder that we should be mindful of the

content that we are consuming on social media and be intentional about what we are allowing into our minds.

Salvation Prayers : Dear Lord Jesus, I come to you today acknowledging my need for salvation. I confess that I have sinned and fallen short of your glory. But I believe that you died for my sins and rose again. I ask that you come into my heart and be my Lord. I commit to following you and living for you every day. Thank you for your love and for the gift of eternal life. In your name I pray, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information https://www.xgospel.net/harvest_form/form/?page=0&salvation=true

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Example: Joy, Love, 1 John 1:3

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We can also take practical steps to counter the effects of social media on our self-esteem. One way is to limit our time on social media and be intentional about the content that we are consuming. We can also be mindful of the language that we use when talking about ourselves and others. Finally, we can focus on our own unique gifts and talents and celebrate the things that make us special.

Rededication Prayers : Dear Lord Jesus, I come to you today with a heart of repentance. I confess that I have strayed from your path and have not been living according to your will. But I am here to rededicate myself to you and to make a commitment to follow you with all my heart. I ask for your forgiveness and for the strength and guidance to walk in your ways. I thank you for your love, grace, and mercy. I give you my all, my heart, my mind, my soul, and my strength, I trust in you and I pray this in Jesus' name, Amen. [Amen](#) If you prayed the above prayers kindly click here to get more information https://www.xgospel.net/harvest_form/form/?page=0&rededication=true&wise=0

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Quiz

1. What does Proverbs 23:7 say?

- A. Think about these things
- B. For as he thinketh in his heart, so is he
- C. Be mindful of the content you consume
- D. Celebrate the things that make you special

2. What does Philippians 4:8 tell us to do?

- A. Think about these things
- B. For as he thinketh in his heart, so is he
- C. Be mindful of the content you consume
- D. Celebrate the things that make you special

3. What is one way to counter the effects of social media on our self-esteem?

- A. Limit our time on social media
- B. Focus on our own unique gifts and talents
- C. Be mindful of the language we use
- D. All of the above

4. What is the main point of this essay?

- A. The role of social media in perpetuating unrealistic expectations
- B. The importance of being mindful of the content we consume
- C. The power of our thoughts and beliefs
- D. The practical steps we can take to counter the effects of social media

5. What is the Bible verse in Proverbs 23:7?

- A. Think on these things
- B. For as he thinketh in his heart, so is he
- C. Be mindful of the content you consume
- D. Celebrate the things that make you special

Discussion Questions

- 1. How can we be intentional about the content we consume on social media?
- 2. What are some practical steps we can take to counter the effects of social media on our self-esteem?

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3. How can we focus on our own unique gifts and talents?
 4. What is the importance of being mindful of the language we use when talking about ourselves and others?
 5. How can we use the Bible to help us in this area?

FAQs

Q: What is the role of social media in perpetuating unrealistic expectations?

A: Social media can be a platform for us to compare ourselves to others and to create unrealistic expectations for ourselves. This can be especially damaging for young people who are still developing their sense of self-worth and identity.

Q: What does the Bible say about this issue?

A: The Bible speaks to this issue in many ways. In Proverbs 23:7, it says, “For as he thinketh in his heart, so is he.” This verse reminds us that our thoughts and beliefs about ourselves are powerful and can shape our lives. In addition, Philippians 4:8 tells us to “think on these things”. This verse encourages us to focus our thoughts on things that are true, noble, just, pure, lovely, and of good rapport.

Q: What are some practical steps we can take to counter the effects of social media?

A: We can take practical steps to counter the effects of social media on our self-esteem. One way is to limit our time on social media and be intentional about the content that we are consuming. We can also be mindful of the language that we use when talking about ourselves and others. Finally, we can focus on our own unique gifts and talents and celebrate the things that make us special.

Answers: B, A, D, A, B

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