



09/11/2022

## IT'S TIME TO UNFOLLOW

### Discussion Guide

#### BIG IDEA

What do you regularly scroll through on social or news media? Does it reflect the person you desire to be? In this message, Pastor Daniel identifies five things that we need to unfollow that are keeping us from the true freedom that we have in Christ.

#### SCRIPTURES USED IN THE MESSAGE

- Proverbs 4:23
- Proverbs 23:7
- Luke 6:45 (NLT)
- Proverbs 15:4 (AMP)
- Ephesians 4:29
- James 1:13-17
- Hebrews 12:1
- 2 Corinthians 3:17
- 2 Timothy 1:7 (NKJV)
- 1 John 4:18 (NKJV)
- Proverbs 18:1 (NKJV)
- 1 Peter 3:8 (NLT)
- James 3:14-16
- Psalm 16:5-6
- Romans 12:1-2 (NLT)
- 2 Corinthians 10:3-5 (NLT)
- Psalm 1:1-3 (NLT)

#### TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What are some positive impacts of social media on your life? What are some negative impacts?
- Negativity: Why do we sometimes resist "unfollowing" things that can have a negative influence on us? What are some practical ways we can overcome this resistance?
- Temptation: What are some things causing your heart to be unguarded?
- Fear: What paralyzing fears are stopping you from living the purposeful life God created you to live?
- Disconnection: In what areas have you become apathetic and need to change your thinking?
- Comparison: Who or what do you compare yourself or your life to? Why is this harmful?

#### APPLICATION IDEAS

- This week, unfollow something that you know is an obstacle from living in your purpose and commit to following God's Word by meditating on it and applying it to transform your thinking.

#### PRAYER FOCUS

- Ask God to reveal the things that are holding you captive and for the courage to walk in freedom by creating boundaries in that area.

#### LEADER TIPS

- Use the "Needs" section of your group page at <https://lifepointchurch.ccbchurch.com> to coordinate things like who provides snacks for your meetings and activities. It even sends a reminder to the one responsible a few days in advance.