



BENEFITS & HARMS OF **SOCIAL MEDIA?**

OVERVIEW...

IMPACTS?

BENEFITS?

HARMS?

ITS ADVANTAGE?

STEPPING UP?

AFFECTS ON SERVICE?

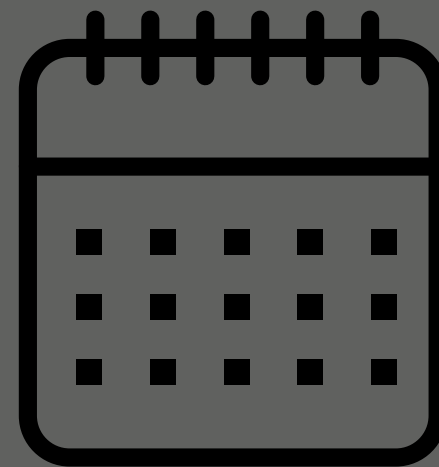
STATS...



The average person
spends about

2.5 hours

per day on social media.



That adds up to over

38 days

per year scrolling.



Over

5 billion

people use
social media worldwide.

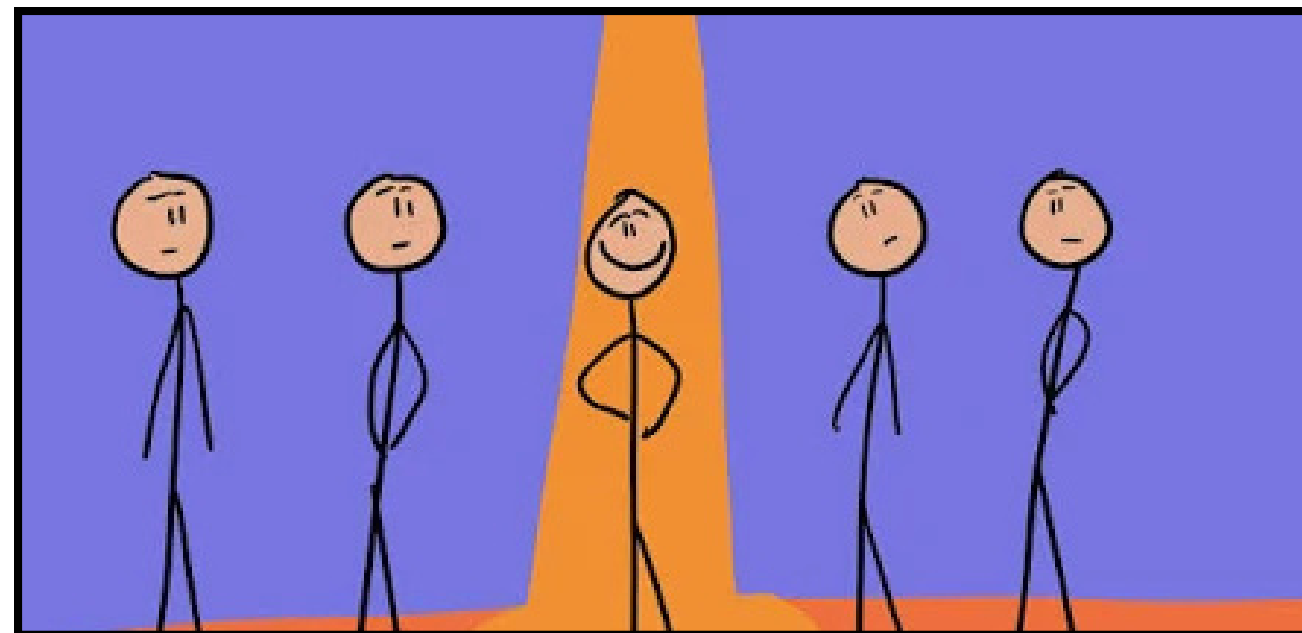
BENEFITS?

1

It stops SELF-ABSORPTION

Spotlight Effect:

The tendency to believe we are being noticed more than we actually are.



Social media changes this illusion.

Social media:

- Expands perspective
 - Shows unseen realities
- ➔
- Breaks the “main character” illusion



Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself.
Philippians 2:3



2 It Preserves What WOULD OTHERWISE FADE

Before, if it wasn't remembered, it was lost. 

Now, it can be saved, shared, and sustained through social media.



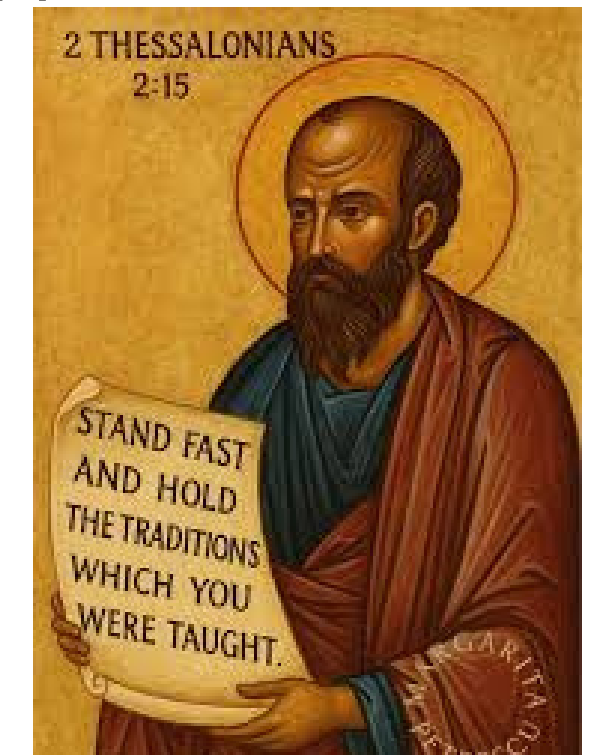
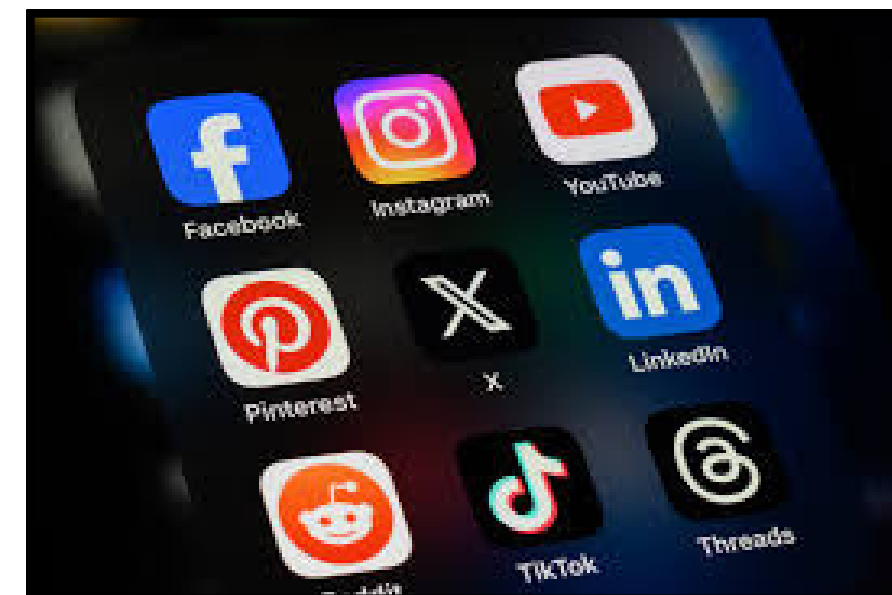
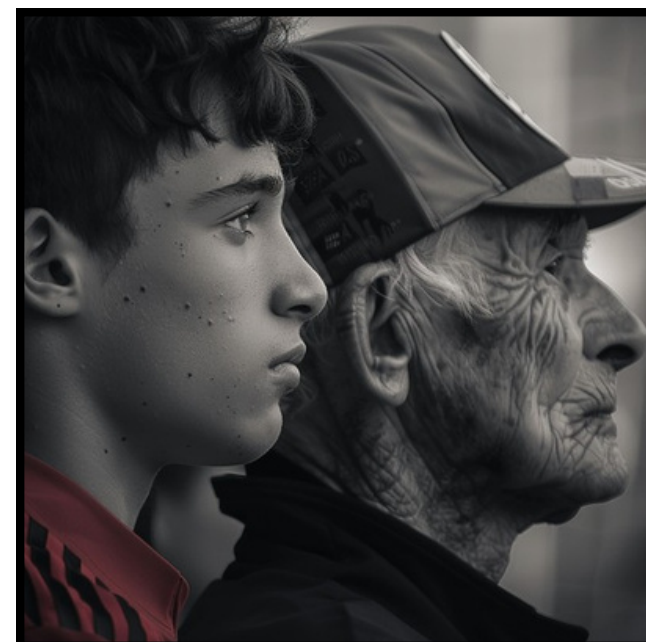
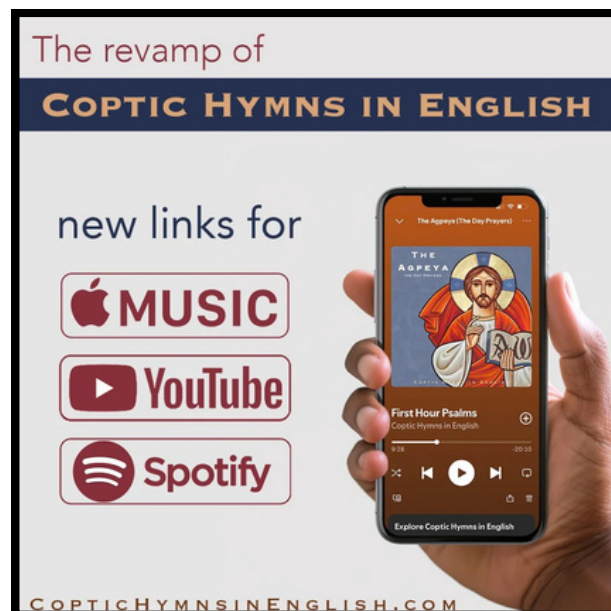
- Language weakens.
- Traditions are forgotten.
- Practices become private.



But what is visible survives and what is shared lives longer.



Social media allows for this to happen!



3

It Creates Community

BEYOND PHYSICAL SPACE



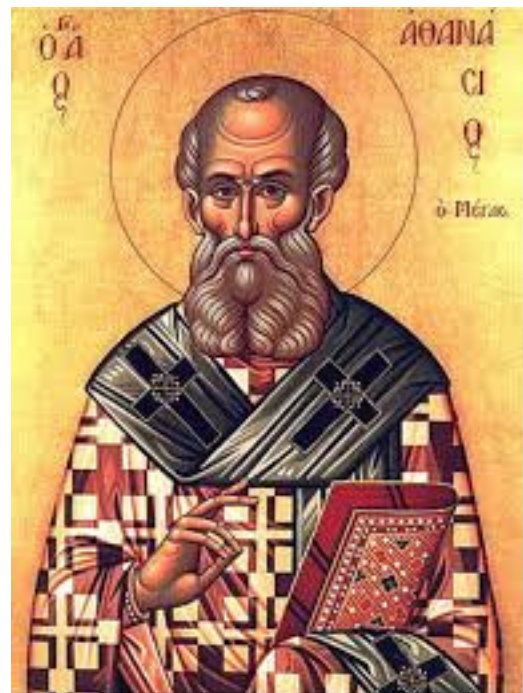
- Community used to require presence.
 - Same building.
 - Same city.
 - Same schedule
- If you left, you disconnected.



Now community is built on shared belief, not shared location.
Distance no longer determines belonging.



Group chats, livestreams, and online discussions
bring people together, anytime, anywhere!



4 It Forces Faith to Become CHOSEN, NOT ASSUMED



What do I believe — and why?

Inherited Faith

“I was raised this way.”



Chosen Faith

“I examined and decided.”



Faith can no longer stay inherited. Exposure makes it impossible.

Belief becomes intentional!



"But sanctify the Lord God in your hearts, and always be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear;" 1 Peter 3:15

HARMS?

1

Trains the Soul to be

RESTLESS

Dictionary
Definitions from [Oxford Languages](#) · [Learn more](#)

 **rest·less·ness**
/ˈres(t)ləsnəs/

noun

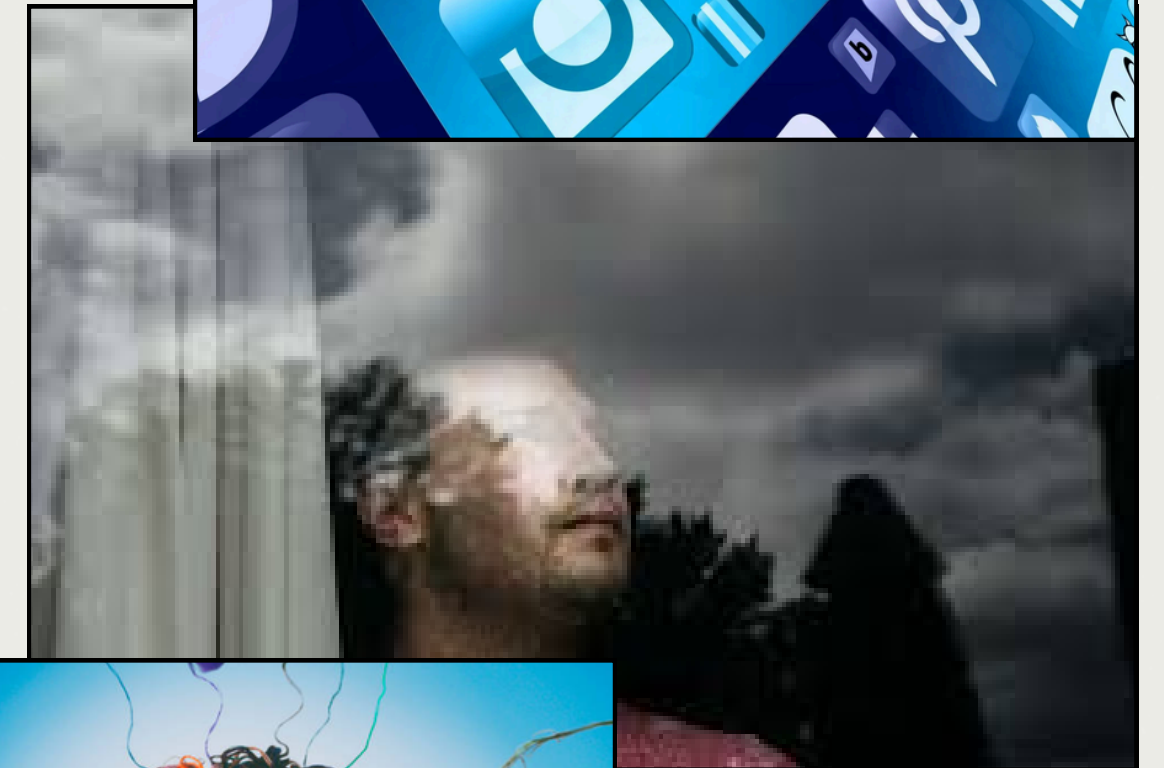
the inability to rest or relax as a result of anxiety or boredom.
"a feeling of restlessness was making it difficult to concentrate"

Similar: [unease](#) [restiveness](#) [fidgetiness](#) [edginess](#) [tenseness](#)



BEING RESTLESS KILLS STILLNESS

- A racing mind = inability to hear God
- Constant scrolling is what destroys stillness



We know that stillness allows for the presence of God, but what does it do for us?

Stillness allows for the exposure and natural release of:

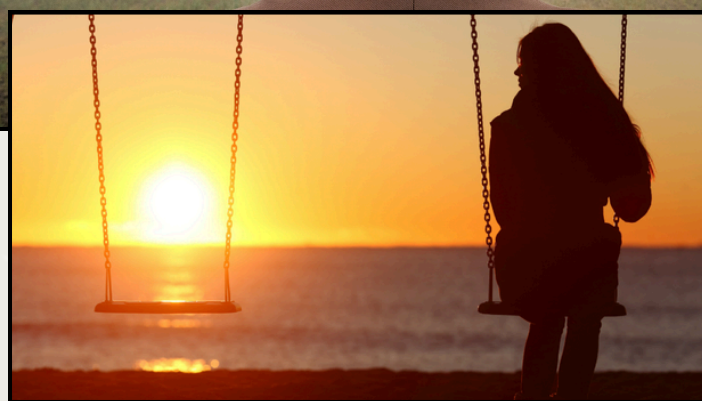
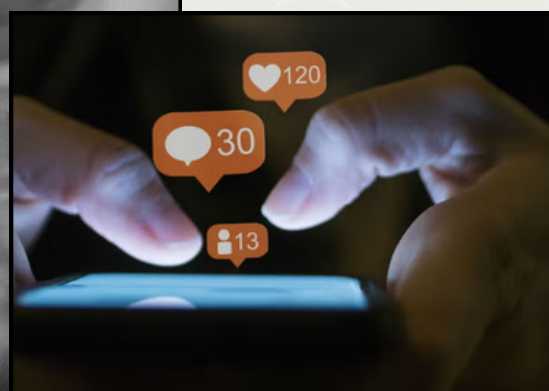
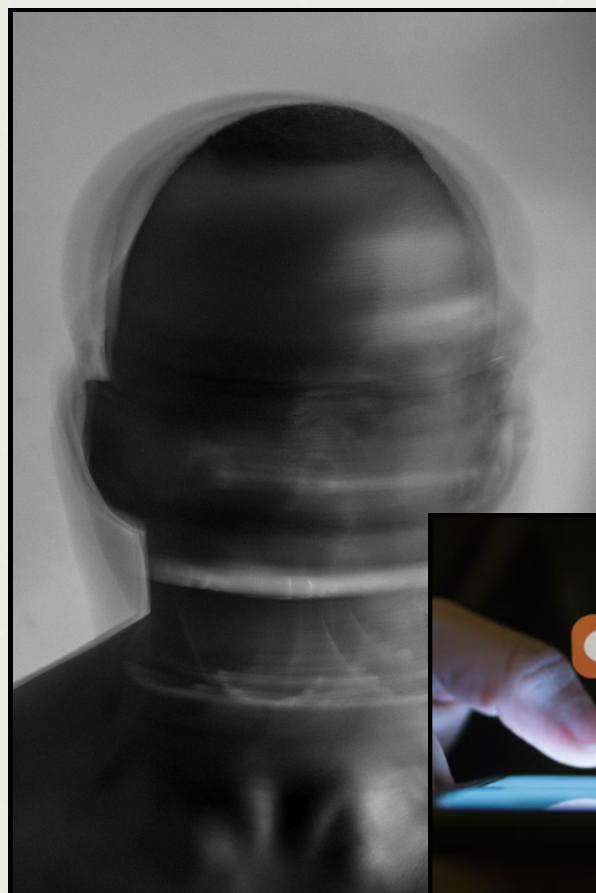
- Our thoughts
- Our anxieties/worries
- Our insecurities
- Our sorrows/pains



“Go out and stand on the mountain before the LORD. Behold, the LORD is about to pass by.” And a great and mighty wind tore into the mountains and shattered the rocks before the LORD, but the LORD was not in the wind.

After the wind there was an earthquake, but the LORD was not in the earthquake. After the earthquake there was a fire, but the LORD was not in the fire. And after the fire came a still, small voice.

- 1 Kings 19:12



2 When Identity Becomes Performance

Comparison and pride makes us question ourselves...

– **It makes us question our identity**

- Consistently spending time on social media allows for an evil seed to be planted in our hearts.
- The seed does not only whisper, “I’m not good enough”, but it can equally whisper “I’m doing better than them.”

What comparison and pride produces → **AN IDENTITY SHIFT**

- From being »» performing
- From gratitude »» dissatisfaction
- From calling »» competition

3

Feeding the Flesh Starving The Spirit

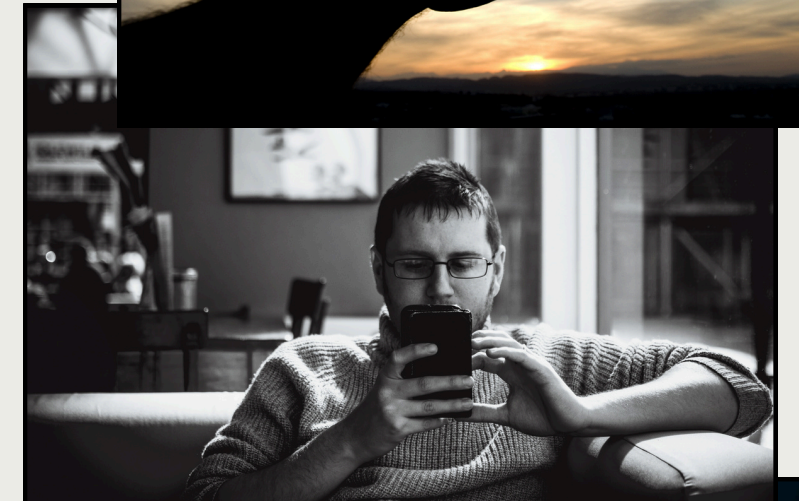
The LORD God also said, "It is not good for the man to be alone. I will make for him a suitable helper." - Genesis 2:8

We have been purposefully created with a desire to form connections → connect, to love, and to be vulnerable!

... building a connection = the release of dopamine : provides feelings of **satisfaction and pleasure**

Social media has both robbed and hijacked the beauty of it → **Why?**

The same dopamine that is being released from **human connection** is now being released from **simple scrolling!**



4

It Weakens Watchfulness

We are taught the importance of guarding our thoughts → it means to take heed for the soul and to make sure that we are consuming pure things.

Watchfulness requires us to be: **AWARE**
→ to wisely choose what enters our mind and soul!

Endless scrolling jeopardizes this...

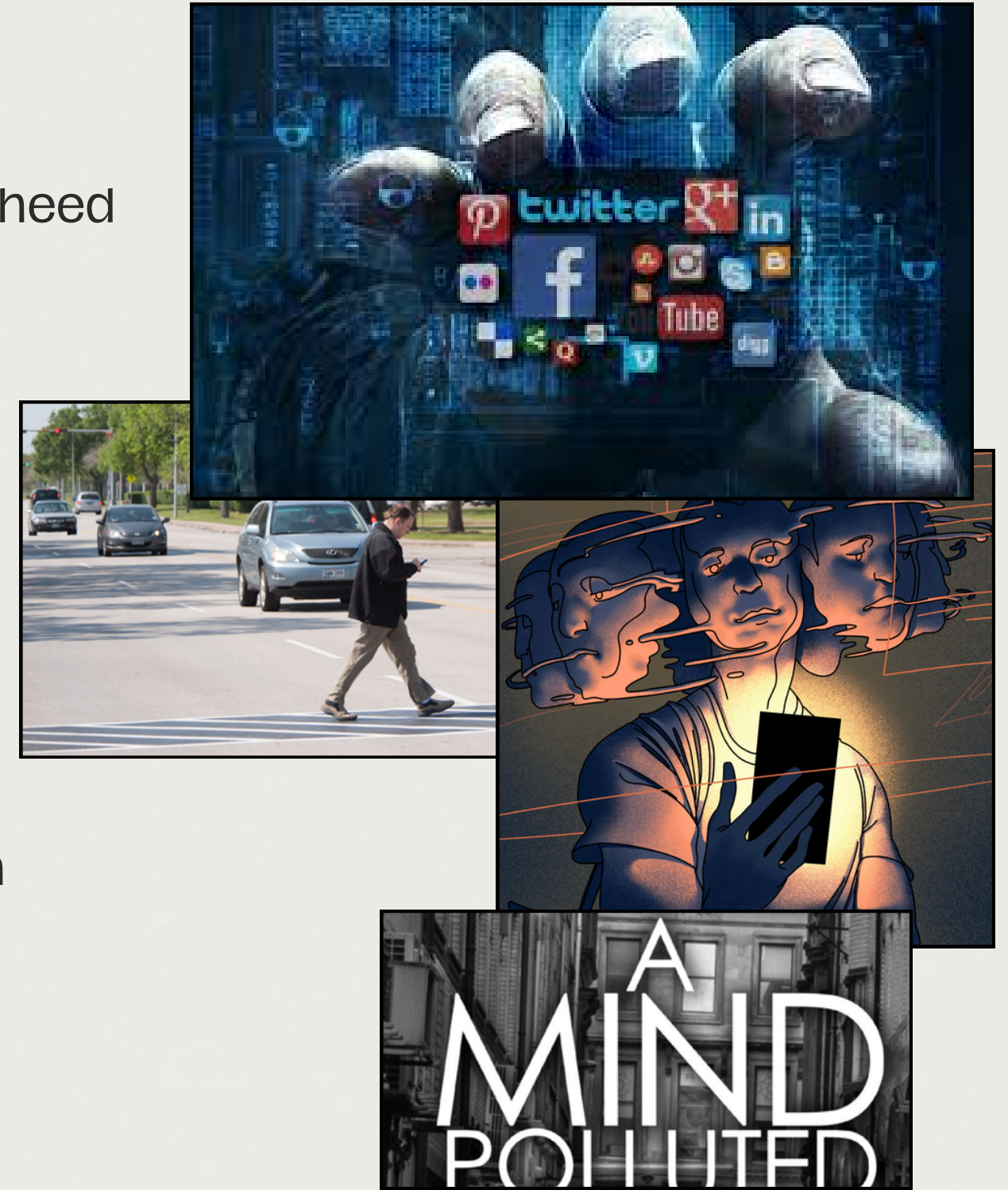
We absorb more than we examine

Scrolling:

- Exposes us to images that can lead to sins
- Introduces ideas and opinions that may not align with our Orthodox Faith
- Plants ideas with indirect consent



“What I say to you,
I say to everyone:
‘Watch!’”
Mark 13:37



SHAPING

THE

ALGORITHM

BEFORE IT
SHAPES US...

Be
Intentional
With What
You Follow

Use It to
Strengthen
Real Life, Not
Replace It

Think
Critically,
Not
Emotionally

STEPPING

UP?

...
DECREASING
ITS USE

Set
boundaries
- Morning
Usage!

Replace,
don't just
remove!

Prioritize
Serving!

SOCIAL MEDIA IN SERVICE...

Should be used?

- To help explain faith in engaging ways, such as videos, visuals, or stories that make lessons easier to understand.
- To gather inspiration for lessons and activities, while still using your own creativity and understanding what you are teaching.

Should not be used?

- To overpower your own God-given creativity (avoid in lesson-making)
- Do not let it influence your efforts in serving – there is no “right” way to serve. Anything, however big or small is appreciated and is between you and God.

WHAT WE'RE LEAVING YOU WITH...



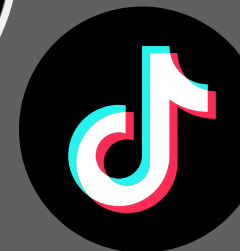
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Answers



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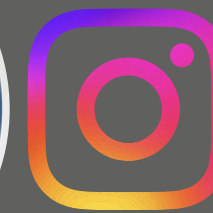
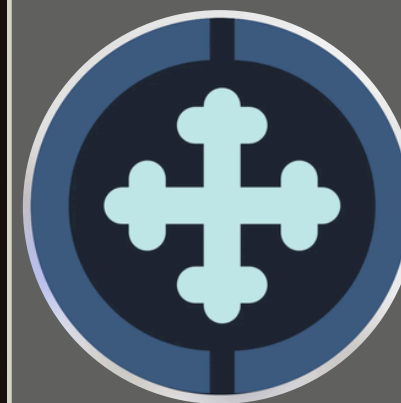
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WHAT WE'RE LEAVING YOU WITH...



1. Coptic Reader



2. Bible App



3. Catena



4. Coptic Teacher



5. The Agios App



 @fr.arsenius



ANY QUESTIONS?