



## Episode 3: The Water Is Toxic

### Discussion Guide:

- Do you feel that social media has made us more or less connected to the world around us? To the communities we live in? To the neighbors who live next door?
- Be honest here, how much time do you spend online or using social media each day? How much time do you spend at church or in the practice of spiritual disciplines each day?
- Consider your answers to the previous questions. Does the amount of time you spend each day on social media and spiritual disciplines reflect a healthy balance in your life? If not, what changes do you need to make?
- What are some attitudes and actions of Christians on social media that those outside the faith would consider to be inappropriate or harmful to our witness?
- In this episode, Trevin discusses creating “subversive habits” to counter the selfish or sinful tendencies that social media unlocks in us. What are three “subversive habits” that you need to add to your daily routine to help positively impact your social media usage?
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