

Overcoming the Dark Side of Social Media

Anyone who spends much time on social media knows it can be a double-edged sword. On one side, it's a fantastic tool for networking and even for ministry. Because of its experience-sharing emphasis, coupled with its ability to reach into the ends of the earth, some actually believe social media is poised to ignite the next revival. But on the other side, its ever-connected nature also makes it a breeding ground for some not-so-positive emotional effects too.

The Realities of Social Media

Let's be real. We've all logged on to our favorite social platform only to see loved ones (and maybe even some not-so-loved-ones) look like they're living their best lives now. Sure, there's the occasional rant and rave, but most often, it's all big smiles, big promotions, happy families with beautiful children—all on lavish vacations. Even if we “like” the post, we typically do so insincerely, all the while thinking, “What about me?”

And therein lies the problem. On social media, we see the best of everyone else's lives, while we're stuck in the good, the bad and the ugly of our own. As a result, we get trapped into comparison and then grow envious and even depressed because we're not as far along, we haven't achieved as much success or because someone else is getting what we've been praying for. It's such a major issue, in fact, that a first step many counselors advise when treating depression is a social media fast.

The Real Key for Victory

To be fair, social media itself isn't directly the cause of any of this. It's just a powerful trigger that reveals the

fruit of a rotten root of insecurity. While a social media fast would probably prove beneficial, avoidance alone isn't the sole solution because it only temporarily removes the symptom, but not the underlying issue. The real key to social media victory is to spend intentional time in God's Word and in biblical teaching that builds confidence in the truth that God has a unique plan for you.

If you're looking for help in this area, here's a promise that provides a great start. Paul writes, "For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand" (Eph. 2:10, MEV). Hear that: you are God's workmanship—His masterpiece. In the same way that no masterpiece is ever the same, you weren't created to be a duplicate of someone else. Where you are and what you have are all part of God's plan to do something and reach people that other people can't.

When you grow in confidence of God's unique plan for you, not only will you be able to scroll in victory, but you'll live in victory in so many other areas of life, too. Remember, God's excited about the unique plan He has for you, and you should join Him in that excitement. {eoa}

Kyle Winkler equips people to live in victory. His mobile app, *Shut Up, Devil!*, is the No. 1 spiritual warfare app; and his recent book, *Silence Satan*, has helped thousands shut down the enemy's attacks, threats, lies and accusations. Kyle holds a Master of Divinity in biblical studies from Regent University. Get daily encouragement from Kyle on Facebook and Twitter.