

Don't be different alone

Week 3 be real not fake

Question: Have you ever thought how many times you check social media networks?

Is it a few times a week? Once a day? Seventy-two percent of people who use social media spend an average of 23 hours a week on social media?

Why is social media so addictive – *its an extension of ourselves*

It can become exhausting trying to keep up those Instagram likes and Snapchat streaks. Although having all those social media accounts is super fun, it can also have some setbacks.

THE REAL YOU

After a while we start realizing if we filter our pictures a certain way, we'll get more likes. And we start to show people a fake self so that more people will like us. The problem is, no number of likes will ever really feel like love.

God didn't make us to be a second-rate version of other people. He created us to be the best versions of ourselves. So, to be different, we've got to be real. That's why vulnerability is one of the most overlooked ways that God can use people. **You can't heal if you don't get real!** It's so important to talk about your struggles and be real with other people who are believers like you.

For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a servant of Christ.

Galatians 1:10

Did you know that the Bible says being weak is actually when we're our strongest? Recognizing that we're weak shows off God's strength, power and who He is. It can be scary trying to let people in to see the real you—the you behind your Snapchat filters and Instagram feed. But God has designed you just the way He wanted you to be. And you don't have to hide anymore.

Challenge: In what areas of your life can you be more real this week?

And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

2 Corinthians 12:9-10

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