

Parents Just Don't Understand, Part 2:

The Selfie vs. The Servant

Philippians 2:3-7

Signs that "Main Character Energy" is Supporting Mental Health

- If you're practicing better self-care—and not just for the camera.
- If your inner voice is more encouraging, not critical.
- If you're learning to say “no” to what drains you and “yes” to what matters.

Potential Risks:

Where Confidence Crosses into Narcissism


- If you possess an inflated sense of self-importance.
- If you have a constant need for validation.
- If you constantly compare yourself to others and compete for attention.

1. **CULT OF SELF-ABSORPTION:** Social media is intentionally designed to turn us and our kids inward to the extent that we become self-obsessed naval gazers. The result is our families become blind to the needs of others because we are hyper-focused on our own image (Philippians 2:3-7).

Two Serious Social Media Dangers that Parents Must Guard Against

- **The Danger of Being the Star of Your Own Movie** – The culture teaches our children and teens that everyone else exists for the sake of being an audience for their lives. This leads to entitlement and a lack of awareness and empathy for others. Appropriately, identify this **NOT** as “typical teenage vanity,” but as spiritual malformation (2 Timothy 3:1-2).
 - **The Danger of Seeking Clout Over Seeking Character** – Clout is the currency of “da culture” along with this digital age. It is influence, but without integrity. This must be reversed by instilling in our kids the importance of valuing integrity over visibility. When Jesus returns, His interest will be our fruit, not our follower count. **FACTS!** (2 Timothy 3:1-2).
2. **THE LORD'S COUNTER-CULTURAL CALL TO SERVE:** Remember this, true leadership is not about how many people serve you. Godly leadership is about how many people you serve (Philippians 2:3-7).

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From Digital Self-Absorption → Analog Sacrifice and Service

- ▶ **Move from Content Creation to Meaningful Contribution** – The culture asks, “What can I get?” The servant asks, “What can I give?” We have to challenge ourselves and our kids to move from being just interested in the number of views we get from posts about problems to being most interested in prayerfully solving problems (John 13:2-5).
 - ▶ **Move from Prioritizing Trophies Over Towels** – Jesus, who was given all authority, picked up a towel! We have to model and instill in our daughters and sons that in the Kingdom of God, there is no task beneath them. Humble service is the ultimate “flex” in the Kingdom (John 13:2-5).
3. **RAISE CONTRIBUTORS, NOT JUST MAIN CHARACTERS:** The antidote to self-absorption is service. It is impossible to be obsessed with ourselves while we are truly serving someone else. To break the spell of the “screen,” we have to “touch grass” with our kids and get our hands dirty (Philippians 2:5).

Two Things that Kingdom Contributors Do

- √ **Kingdom Contributors Understand the Joy of the Second Chair** – Translation: We must teach our kids the joy of cheering on others. In this “hater” culture, raising a child or teen who can genuinely celebrate someone else’s “W” is a real act of discipleship (Galatians 5:13).
- √ **Kingdom Contributors Make Service a Part of the Family Rhythm** – We cannot just go to church, we have to serve. So, schedule “Do Something Saturdays” like “Game Day Fridays.” Serving the community with our kids breaks the bubble of privilege and entitlement and breeds gratitude and thankfulness (Galatians 5:13).

Keys for the Week

1. **Serve Someone:**
Find one way to help or serve another person this week, putting their needs ahead of your own.
2. **Celebrate Others:**
Take time to genuinely encourage or celebrate someone else’s success, practicing the “joy of the second chair.”
3. **Family Service:**
Schedule a simple act of service you can do together as a family, such as, volunteering, helping a neighbor or sharing a meal with someone in need. Remember, the next “Do Something Saturday” is coming soon –
May 30, 8 am - 12 noon!

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