

# 5 WAYS A RENEWED MIND NAVIGATES SOCIAL MEDIA

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- 1 Remember Your Why
- 2 Know Your Core Values
- 3 Discern Your Motivation
- 4 Set Realistic Boundaries
- 5 Reevaluate Often

# HOW TO DEVELOP GREATER DISCERNMENT FOR THE DIGITAL WORLD

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- 1** Listen to and be led by the Spirit.  
Romans 8:14/Psalm 143:10
- 2** Read Scripture. It is alive and active. Hebrews 4:12
- 3** Ask reflective questions.  
Psalm 139:23
- 4** Pray for self-discipline.  
2 Timothy 1:7/1 Peter 1:13
- 5** Keep your eyes on Christ and protect your joy! Hebrews 12:2