



# Wisdom for Navigating Social Media



Explore seven days of Scripture and devotionals to develop godly wisdom, discernment, and grace in your daily social media interactions.

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## Introduction

In today's digital age, social media is a powerful platform that influences how we connect, communicate, and share our lives. While it offers incredible opportunities to encourage, learn, and build community, it can also present challenges such as misinformation, temptation, and conflict. **Wisdom** — a gift from God — is essential to navigate this landscape with integrity and grace.

This 7-day Bible study plan focuses on cultivating *divine wisdom* specifically for engaging online. Through rich Scripture passages and prayerful reflection, you will discover how to discern truth from falsehood, speak kindly amid disagreement, and maintain a humble spirit while sharing your thoughts.

God's wisdom is not just knowledge; it's the ability to apply God's truth rightly in every situation, especially in the fast-paced world of social media where words reach far and wide. Remember, each post and comment is an opportunity to glorify God or to cause harm. This study will guide you to seek His direction daily, equipping you to be a positive influence that reflects **Christ's love and truth**.

Get ready to engage with confidence, clarity, and compassion. Let your online presence be a testimony of God's transforming power, offering encouragement and light in a sometimes dark digital world. Let's begin this



journey toward seeking and living out **wisdom** that honors God in every online interaction.





## Day 1: 🔍 Recognizing True Wisdom



Day 1: 🔍 Recognizing True Wisdom

## Your Verse

*Proverbs 2:6 - "For the Lord gives wisdom; from his mouth come knowledge and understanding."*

## Supporting Scriptures

- *James 1:5 - "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."*
- *Ecclesiastes 7:12 - "Wisdom preserves those who have it."*



## Devotional: God Is the Source of True Wisdom

Wisdom begins with recognizing its source — God Himself. In a world saturated with information, not all advice or opinions hold lasting value. On social media, countless voices compete for attention, often leaving us confused or misled. **God's wisdom transcends human understanding.** It's grounded in truth and leads to peace and understanding.

When you encounter conflicting ideas or feel uncertain about what to post or respond, pause and seek God's guidance. Welcome the humility to admit what you don't know, and ask Him to grant discernment.

Remember, wisdom is not just intellectual knowledge but practical insight that transforms how you engage with others. It preserves your heart and honors God when applied rightly online.



## Reflect and Apply

1. In what ways do I currently seek wisdom before posting or commenting?

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2. How can acknowledging God as the source of wisdom change my online responses?

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3. Where have I seen a lack of wisdom affect online conversations in my circles?

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# Journaling Prompts

1. Write about a recent social media interaction where wisdom was needed.

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2. List practical ways to ask God for wisdom throughout your day.

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3. Reflect on how you discern between worldly advice and Godly wisdom.

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Day 1: 🔍 Recognizing True Wisdom

## Prayer for Today

**Lord, thank You for being the ultimate source of wisdom and understanding. Help me to seek Your guidance before I speak or engage on social media. Teach me to discern truth from falsehood and to respond with grace rather than haste. Illuminate my mind and heart so that my words bring encouragement and not confusion. May my interactions honor You and reflect Your love, even in the midst of disagreement. *Guide me daily to walk in Your wisdom.***





## Day 2: Speaking with Grace and Truth



## Your Verse

*Colossians 4:6 - "Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."*

## Supporting Scriptures

- *Ephesians 4:29 - "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up."*
- *Proverbs 15:1 - "A gentle answer turns away wrath, but a harsh word stirs up anger."*



## Devotional: Balancing Truth with Kindness in Speech

Words have incredible power—especially on social media where they can be amplified quickly. God calls us to speak *with both grace and truth*. Grace means kindness, patience, and love in how we communicate, while truth ensures honesty and faithfulness to God's Word.

When we choose our words carefully, we uplift others and foster understanding. This balance is essential online, where tone can easily be misunderstood and conflict escalate. A gentle, loving response can diffuse tension and open hearts.

Ask God to help you think before you post or reply. Are your words encouraging? Are they truthful yet loving? Remember that **your online speech is a reflection of your relationship with Christ**, and it can draw others closer to Him.



## Reflect and Apply

1. How often do I consider grace when I comment or share online?

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2. What are some examples of speaking truth without love on social media?

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3. How can I better apply gentle words in digital conversations?

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# Journaling Prompts

1. Recall a time your words either built up or hurt someone online.

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2. List phrases that reflect grace and could help in difficult online discussions.

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3. Identify triggers that make you respond harshly and how to overcome them.

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## Day 2: 🗣️ Speaking with Grace and Truth

## Prayer for Today

**Father, teach me to speak with grace and truth.** Help me to pause and consider the impact of my words before I share them online. Fill my heart with Your love so my conversations build up rather than tear down. Guide me to respond gently when faced with harshness or disagreement. May my speech bring peace and point others to Your kindness and truth. *Transform my heart to reflect Christ in every interaction.*







## Day 3: Guarding Your Heart and Mind



## Your Verse

*Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."*

## Supporting Scriptures

- *Philippians 4:8 – "...think about such things...whatever is true, noble, right, pure, lovely, and admirable."*
- *1 Peter 5:8 – "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion."*



# Devotional: Protecting Your Inner Life in a Digital World

Our hearts and minds determine how we respond to the flood of information on social media. Proverbs 4:23 reminds us that guarding our hearts is crucial because our actions are shaped by what we allow to dwell there.

Online platforms often expose us to negativity, temptation, comparison, and misinformation. Without vigilance, these can influence thoughts, attitudes, and behaviors. God calls us to set our minds on things that are pure, lovely, and worthwhile.

Practically, this means choosing what we consume and how long we engage online. Establish healthy boundaries and take time to reflect on whether your digital habits build or drain you spiritually. **Ask God to protect your heart and renew your mind daily**, so you engage thoughtfully and intentionally with what honors Him.



## Reflect and Apply

1. What influences from social media have impacted my heart positively or negatively?

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2. How do I currently guard my mind from harmful content online?

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3. What practical steps can I take to renew my mind with godly thoughts daily?

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# Journaling Prompts

1. Describe feelings or thoughts after your typical social media use.

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2. Identify content or accounts you should avoid for spiritual health.

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3. Plan a daily routine to meditate on pure and true things.

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## Day 3: 🛡️ Guarding Your Heart and Mind

## Prayer for Today

**Lord, help me guard my heart and mind like a precious treasure.** Shield me from harmful influences and fill my thoughts with what is true and good. Teach me to set boundaries for my online time and to seek Your peace rather than the noise of the world. May my heart remain sensitive to Your Spirit and steadfast in Your truth. *Protect me as I navigate a digital world full of distractions and challenges.*





## Day 4: 💡 Discernment Amidst Information Overload



## Your Verse

*1 Thessalonians 5:21 – "Test everything. Hold on to what is good."*

## Supporting Scriptures

- *Proverbs 3:5-6 – "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him."*
- *Hebrews 5:14 – "...those who by constant use have trained themselves to distinguish good from evil."*





## Day 4: 💡 Discernment Amidst Information Overload

## Devotional: Testing and Holding on to What Is Good

Social media is full of opinions, news, and advice, but not all are trustworthy or true. The Apostle Paul encourages us to **test everything** and retain only what aligns with goodness and God's standards.

Discernment is a wise filter — it requires spiritual maturity and intentional effort to distinguish fact from fiction, wise counsel from empty talk. It's tempting to accept ideas quickly without reflection, but God calls us to carefully evaluate content before passing it on.

Seek God's guidance to sharpen your discernment. Pray for wisdom to recognize manipulative or harmful information. When unsure, pause, research, and approach discussions with a humble spirit.



## Reflect and Apply

1. How do I currently evaluate the information I encounter online?

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2. What habits help me avoid spreading misinformation?

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3. In what ways can I grow in spiritual discernment through Scripture and prayer?

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# Journaling Prompts

1. Recall when you shared something untrue and its consequences.

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2. List criteria you can apply before reacting to or sharing posts.

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3. Describe how God's Word can guide your discernment online.

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## Day 4: 💡 Discernment Amidst Information Overload

## Prayer for Today

**Father, give me discernment to test all things critically.** Help me not to be carried away by every opinion or piece of information on social media. Train me to rely on Your truth and to seek the wisdom of Your Word above all else. Guard me from deception and empower me to be a voice of truth and clarity in a noisy world. *Strengthen my spiritual senses to navigate the digital realm wisely.*





## Day 5: 🤝 Cultivating Empathy and Patience



## Your Verse

*Ephesians 4:2 - "Be completely humble and gentle; be patient, bearing with one another in love."*

## Supporting Scriptures

- *James 1:19 - "Everyone should be quick to listen, slow to speak and slow to become angry."*
- *Romans 12:18 - "If it is possible, as far as it depends on you, live at peace with everyone."*



## Devotional: Walking in Humility and Patience Online

Behind every social media profile is a person with feelings, struggles, and unique perspectives. God calls us to respond with empathy—understanding others' hearts—and patience, especially when disagreements arise.

The digital world often breeds quick reactions and misunderstandings. By practicing humility and gentleness, you reflect Christ's character and create space for respectful dialogue.

Empathy also encourages you to put yourself in another's shoes before replying. Ask God to soften your heart and control your impulses online so that love guides your words and actions.



## Reflect and Apply

1. How do I typically respond to opinions that differ from mine?

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2. What emotions or triggers cause me to react quickly on social media?

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3. How can I develop more patience and compassion in digital interactions?

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# Journaling Prompts

1. Write about a time you showed empathy in an online conversation.

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2. List ways to remind yourself to be slow to anger when online.

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3. Reflect on how Christ models patience in difficult situations.

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Day 5: 🧡 Cultivating Empathy and Patience

## Prayer for Today

**Lord, help me to be humble, gentle, and patient with others online.** Teach me to listen more and speak less, bearing with people in love even when we disagree. Mold my heart to reflect Your kindness and foster peace in digital spaces. May I be a source of encouragement and understanding in every online interaction. *Fill me with Your Spirit to respond with grace and patience.*





## Day 6: ✨ Reflecting Christ in Online Influence



## Your Verse

*Matthew 5:16 - "Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

## Supporting Scriptures

- *Philippians 2:15 - "... shine among them like stars in the sky."*
- *Galatians 5:22-23 - "The fruit of the Spirit is love, joy, peace..."*



Day 6: ✨ Reflecting Christ in Online Influence

## Devotional: Being a Light in the Digital World

As followers of Christ, our presence online is not accidental; it's an opportunity to shine His light in the darkness. Your words, posts, and interactions carry influence — sometimes more than you realize.

Reflect Christ's character by demonstrating the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These qualities draw others to God and build trust.

Ask yourself whether your online behavior honors God and serves others. Strive to be an example of integrity and positivity, even in small daily interactions, showing that your source of wisdom and joy is Christ Himself.



## Reflect and Apply

1. How does my online behavior reflect Christ to others?

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2. What fruits of the Spirit are evident in my social media interactions?

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3. In what ways can I intentionally be a positive influence online?

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# Journaling Prompts

1. Write about a social media experience where you felt you reflected Jesus well.

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2. Describe areas where your online presence could better reflect the Fruit of the Spirit.

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3. Plan practical ways to shine God's light using your social platforms.

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Day 6: ✨ Reflecting Christ in Online Influence

## Prayer for Today

Jesus, help me to let my **light shine brightly online**. May my words and actions point others to Your love and truth. Fill me with Your Spirit so I can bear the fruit that brings glory to the Father. Use me as a vessel of peace and encouragement in a world hungry for hope. *Guide every post and comment to be a testimony of Your grace.*







## Day 7: 🕊️ Resting in God's Wisdom and Peace



Day 7: 🕊 Resting in God's Wisdom and Peace

## Your Verse

*Philippians 4:6-7 - "Do not be anxious about anything...and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

## Supporting Scriptures

- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast..."*
- *Psalms 46:10 - "Be still, and know that I am God."*



Day 7: 🕊 Resting in God's Wisdom and Peace

## Devotional: Finding Peace in God's Wisdom

After seeking wisdom and striving to live it out online, it is vital to rest in God's peace. Social media can be overwhelming, and anxiety or frustration may creep in from time to time.

Paul encourages believers to cast all anxieties on God through prayer and thanksgiving. When we do this, His peace—beyond human comprehension—guards our hearts and minds, protecting us from stress and doubt.

Take moments to be still before the Lord, releasing control and trusting Him fully. Resting in God's wisdom renews your spirit and equips you for continued grace-filled social engagement.



## Reflect and Apply

1. How does God's peace help you handle social media pressures?

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2. What practices help you surrender anxiety to God in digital situations?

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3. How can resting in God's wisdom transform your ongoing online engagement?

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# Journaling Prompts

1. Reflect on times God's peace has calmed your online anxieties.

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2. List prayer habits that help you release control to God daily.

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3. Describe what being still before God looks like in your digital life.

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Day 7: 🕊️ Resting in God's Wisdom and Peace

## Prayer for Today

Gracious God, I lay down my anxieties from the online world at Your feet. Thank You for Your peace that surpasses all understanding, guarding my heart and mind. Teach me to be still and trust fully in Your wisdom and care. Renew my spirit daily so I can engage with calm confidence and joy. *Help me rest in You always, no matter the digital noise around me.*





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