

Couples and Social Media

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Central United Methodist Church



Opening & Icebreaker

Let's Get Real

How much time do you think you spend on social media each day?

Most people who have social media use it more than 2 hours a day. This is true for people in all age groups other than those 65 and older.

Most Social Users in the US Are Spending More Time on TikTok Than on Other Popular Platforms
average minutes per day among US adults, by age, 2024

	18-24	25-34	35-44	45-54	55-64	65+
TikTok	76	50	47	45	37	29
Instagram	53	37	28	27	26	20
Facebook	22	26	30	36	45	34
Snapchat	35	27	22	22	20	19
Total	186	140	127	130	128	102

Note: Internet users who use a social network via any device at least once per month; includes all time spent on social network platforms; includes usage via any device
Source: EMARKETER Forecast, Feb 2024



Social Media - the Good, the Bad, and the Ugly

The Good

- Celebrating milestones together
- Staying connected with family
- Sharing your love story
- Building community support

The Bad

- Constant comparison traps
- Time stolen from real connection
- Privacy boundaries crossed
- Arguments over posts and likes

The Ugly

- Secret conversations and emotional affairs
- Public humiliation and call-outs
- Addiction replacing intimacy
- Trust broken by digital betrayal

The question isn't whether to use social media, but **how** to use it in ways that strengthen rather than weaken our bonds.

The 7 Commandments

of Social Media for All Loving Relationships

Just as God gave Moses commandments to guide His people, we need divine wisdom to navigate the digital wilderness of social media. These aren't just rules - they're love principles rooted in faith for every loving commitment.

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



Commandment #1

Thou Shalt Not Compare

Thy Relationship to Others' Highlight Reels

Remember: What you see online is often the best 2% of someone's life. Every couple faces challenges, disagreements, and ordinary moments that don't make it to Instagram. Focus on your own journey and celebrate your unique love story.

"Comparison is the thief of joy" - and it's also the thief of gratitude for God's blessings in your life.



Commandment #2

Thou Shalt Keep

No Secrets in the DMs

Transparency builds trust. If you wouldn't have the conversation in front of your partner, you shouldn't be having it in private messages. Open communication about online interactions strengthens your relationship's foundation.

"Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account." - Hebrews 4:13





Commandment #3

Thou Shalt Not Use

Social Media as a Substitute for Real Connection

Likes and comments can't replace quality time, meaningful conversations, and physical presence. Prioritize face-to-face connection and let social media enhance, not replace, your real-world intimacy.



Face-to-Face Time

Nothing replaces looking into your partner's eyes, holding hands, and having uninterrupted conversations.



Digital Detox

Create phone-free zones and times. Your relationship needs space to breathe without digital distractions.



Spiritual Connection

Pray together, worship together, and let your faith be the foundation that no algorithm can shake.

Commandment #4

Thou Shalt Honor

Thy Partner in Public and Private Posts

Build Up, Don't Tear Down

Your posts should celebrate and encourage your partner, not embarrass or criticize them. Even when frustrated, resist the urge to air your grievances online.

Ask Permission

Before posting photos or sharing personal stories about your relationship, check with your partner. Respect their comfort level with public sharing.

Let your online presence be a testimony to God's love working through your relationship.



Commandment #5

Thou Shalt Set

Boundaries Together



1

Screen Time Limits

Agree on when and how much time you'll spend on social media, especially during quality time together.

2

Privacy Settings

Decide together what parts of your relationship you want to keep private and what you're comfortable sharing.

3

Friend Connections

Discuss boundaries around connecting with ex-partners, attractive strangers, or anyone who might create tension.

4

Emergency Protocols

What do you do if someone crosses a line? How do you handle inappropriate messages or comments?

Healthy boundaries aren't about control - they're about creating a safe space for your love to flourish.



Commandment #6

Thou Shalt Not Covet

Thy Neighbor's Engagement, Vacation, or Aesthetic

"But godliness with contentment is great gain." - 1 Timothy 6:6

Contentment is a choice and a spiritual discipline. Instead of longing for what others have, practice gratitude for your unique blessings. Every relationship is unique and should not mirror that of others.

Remember: your worth as a couple isn't measured in likes, follows, or how your life compares to others online. It's measured by the love, respect, and faithfulness you show each other every day.



Commandment #7

Thou Shalt Use

Social Media to Build, Not Break

Let your online presence strengthen your relationship and inspire others. Share encouragement, celebrate milestones, and use your platform to demonstrate the love, joy, and faithfulness that comes from walking with God together.

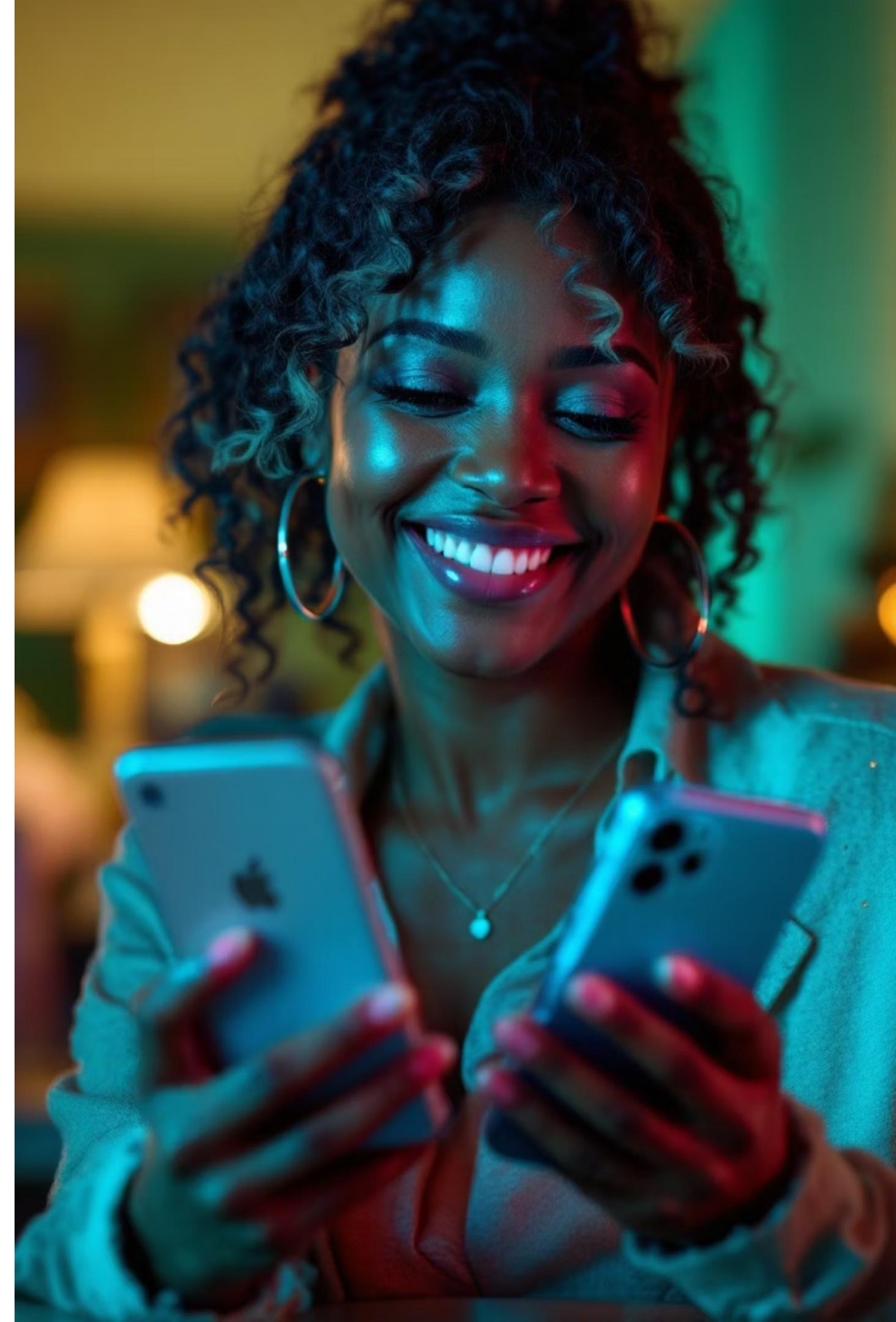
"Above all else, guard your heart, for everything you do flows from it." - Proverbs 4:23

How to Limit Social Media Usage on Your Phone (Android or iPhone)

Even if you don't want to do it, you should know how to do it!

My grandad used to say, "Better to have it and not need it, then to need it and not have it."

Take control of your screen time on both iPhone and Android devices. Reclaim your focus, improve your mental health, and create healthier digital habits with built-in tools designed to help you succeed.



Limiting Social Media on Android

Step-by-Step Process

01

Access Digital Wellbeing

Open **Settings** and tap **Digital Wellbeing & Parental Controls** to view your usage patterns

02

Set App Limits

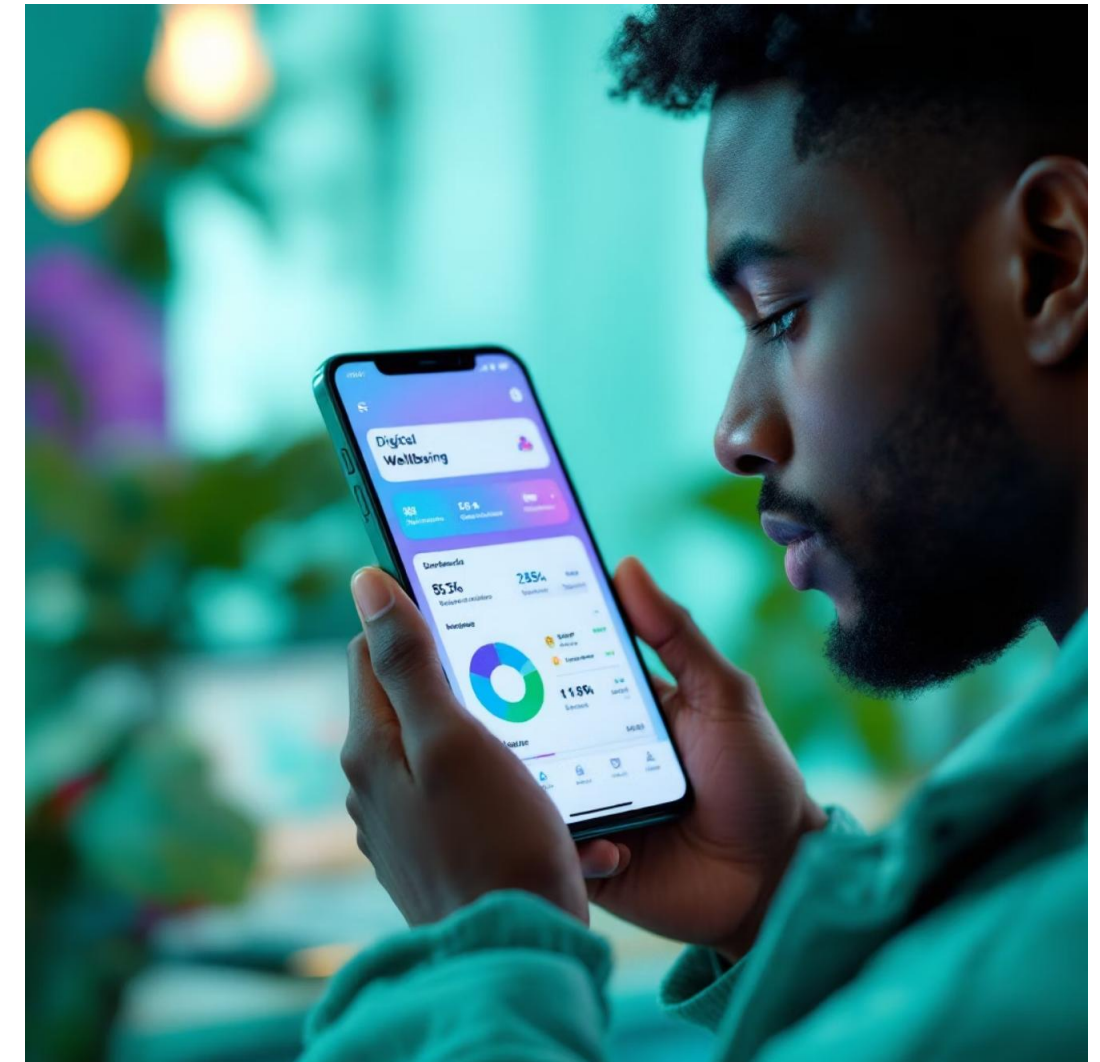
Tap **Dashboard** → select social media apps like Facebook or Snapchat → tap the hourglass icon to set daily time limits

03

Enable Focus Tools

Use **Focus Mode** to pause distracting apps during work. Enable **Bedtime Mode** to reduce screen time before sleep

- 📌 Get helpful reminders when approaching your app limits to stay on track with your goals



Limiting Social Media on iPhone



iPhone Screen Time Controls

1

Navigate to Screen Time

Open **Settings** and tap **Screen Time** to access Apple's built-in digital wellness tools

2

Create App Limits

Tap **App Limits** → **Add Limit** → Select **Social Networking** or choose specific apps like Instagram and TikTok

3

Schedule Downtime

Use **Downtime** to create phone-free periods during meals, bedtime, or family time for better work-life balance

Receive gentle notifications when nearing your limits to help build self-awareness and healthier habits.

Cell Phone Notifications

Worse Than Nagging?

The Hidden Cost

Instant Brain Hijack

Unlike nagging you can ignore, notifications **steal focus immediately**

150+ Daily Checks

Constant interruptions fragment productivity and fuel anxiety

3x More Mistakes

Florida State research: notifications **triple** errors on focused tasks

This digital nagging creates **cognitive overload, stress, and mind-wandering** that traditional nagging simply can't match. Just *receiving* a notification—without even checking—causes as much distraction as actively texting or calling.

Master Your Notifications

Silence the digital noise and prioritize what truly matters

Reclaim Your Focus

Take control before your phone controls you



Take Control of Your Digital Life

Immediate Benefits

Both iPhone and Android offer powerful built-in tools to reduce social media overuse and improve focus, mental health, and productivity

Extra Support

Turn off unnecessary notifications and consider additional apps like AntiSocial or Opal for enhanced digital wellness support

Start Today

Take the first step now and reclaim your precious time for relationships, hobbies, and activities that truly matter to you



Couples Discussion

Review Key Aspects Together

Couples should reflect on the main points of the presentation, strengthening their shared understanding through open discussion.

Identify Topics for Follow-Up

Use this time to note any topics requiring deeper exploration or future clarification for both partners.

Ensure Both Partners Are Engaged

Make sure each partner feels heard and involved, fostering an engaging and inclusive learning process.

