



## EXPLORE THE BIBLE.

Session 4: True Righteousness

Suggested Week of Use: December 28, 2025

Core Passage: Matthew 5:13-20, 43-48

---

### News Story Summary

A recent article published online explains how social media influences—and even controls—the way we perceive everything from our careers to our leisure time. According to the article, social media sensationalizes unrealistic behaviors and lifestyles. This makes them seem routine and normal, while also creating illusions that everyone else is doing what we do. Among the elements of social media highlighted in the piece were the perception of constant travel and the supposed freedom found in quitting a job.

As travel becomes a public performance on social media, many experience what has been called “travel dysmorphia,” the feeling that your travels aren’t as wide-ranging as those of others. The article cited a recent survey in which seven in ten Americans experience this dysmorphia. Regarding employment, social media posts tout leaving the traditional job behind and becoming an entrepreneur or maybe a traveler. This is called “soft living.” Traditional, stable jobs are portrayed as confining and those who stay in them are viewed as unambitious or failures.

For more about this story, search “Unrealistic ideas from social media.”

### Engage

To supplement the Engage activities, write “Travel Dysmorphia” on the board. Encourage adults to share what they think the term means. Point out that it is a dissatisfaction in our own travel history when we compare it to what we see from others online. Share the information from the article and highlight travel dysmorphia as one problem caused by the increasing influence of social media. Ask: *In what ways have you been influenced by social media? Why are so many people influenced by what’s online rather than what is real?* Discuss responses. Explain that this session examines the Sermon on the Mount and the influence Jesus wants His people to have on the world. Say: *He is calling us to be spiritual influencers for God’s kingdom.*

### Challenge

To supplement the Challenge activities, remind the group about the article and the negative influences that can come from social media. Say: *To be Christian influencers, we must live differently than what we see portrayed in social media.* Ask: *How can we be Christian influencers, whether online or in our daily activities?* Encourage the group to think about what they post on social media and how that can reflect the lessons of Jesus’s Sermon on the Mount. Close the session in prayer.