

Learn to Talk to Yourself - Panel

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Summary

The video discusses the importance of teaching self-talk to Generation Z students in youth ministry. With constant access to information and digital media, their brains are wired differently, and they need guidance on processing information critically and finding truth amidst the noise. The discussion covers practical strategies like unplugging from devices, practicing spiritual disciplines like reading the Bible and prayer, and teaching students to analyze media messages. The goal is to help students develop self-talk skills to filter information, replace lies with truth, and find hope in the gospel rather than relying on self-empowerment pep talks that can lead to anxiety and depression.

Main Points

#1 - The Nature of Self-Talk

This point discusses how Generation Z has unprecedented access to information and constant digital stimulation, which impacts their ability to find silence and truth. Youth leaders need to leverage face-to-face time to provide opportunities for self-talk and unplugging from media.

#2 - The Need for Self-Talk

This point explains that constant noise and voices from media can lead to anxiety, depression, and substance abuse if students don't learn to filter information and find truth. Self-talk and spiritual disciplines like reading the Bible and prayer are essential for nourishing students spiritually and helping them replace lies with the gospel truth.

#3 - Teaching Self-Talk Skills

This point emphasizes the importance of teaching students to be critical thinkers and actively process information rather than passively absorbing it. Leaders should model and practice spiritual disciplines together, explaining their purpose of finding truth and the gospel. The goal is to teach students to 'fish' for themselves rather than constantly giving them answers.

Next Steps

- Take moments during one-on-one or small group time to have students put away their phones and be present.
- Practice being still and silent for short periods, asking students to listen for what God might be saying to them.
- When watching movies or consuming media together, ask students to identify the underlying messages or 'truths' being presented, and then critically analyze whether those messages align with biblical truth.
- Give students a verse or short passage and have them share in a group text thread what they think God is saying to them through that Scripture.
- Model and practice spiritual disciplines like Bible reading and prayer together, explaining the purpose of nourishing themselves with truth and the gospel.