

# Perils of a Hyper-connected World

Singapore is ranked among countries with advanced technology both in the Asia region and globally. According to a [Statista report](#) in 2020, it is estimated that approximately **88% of the Singapore population can access the Internet** and spends close to 7 hours every day connecting with friends, family and colleagues.

The various social media channels have greatly eased the barriers for reconnecting with old friends and making of new ones, as well as empowered 'netizens' to express their opinions and share ideas in online communities. With social media deeply entrenched in our lives, it is more essential than ever to inspect its profound impact on our emotional, mental and spiritual wellbeing.



## (a) Jumping into the bandwagon blindly

We want to be liked, we want to seem 'woke,' but in reality, we are afraid to stand for truth or engage in healthy conversation. We need to be wary of jumping on cultural hype blindly and we should not rush into passing a judgement or joining the loudest voices to fit in. It is critical to steer clear of the noise in the social media space and instead, turn to the word of God for guidance and wisdom.

### **Romans 12:2**

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

## **(b) Feeling inadequate or ‘Facebook envy’**

Many studies have shown that along with the high usage of social media, comes the psychological impact where users feel discontented, jealous or unattractive. The more we consume online content and the seemingly perfect lives of others, we may find ourselves burdened by society’s expectations of a ‘good life’. However, we must keep in mind that comparison loses its momentum when we remember that God’s opinion matters most. Our Father does not view us through our Instagram filters to assess whether our appearance is worthy; He looks at our heart.

### **1 Samuel 16:7**

*But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."*

## **(c) Posting emotionally-charged words or spreading misinformation**

In the cluttered digital space today, we are bound to come across content which can infuriate or upset us. This may in turn trigger a negative reaction or angry comment. If your intention in the comments section is just to criticize and tear down, then keep it to yourself. It doesn’t mean you can’t engage in debate or disagreements. What it means is that your purpose in these debates is to spread love, glorify God, and exalt the truth.

### **Ephesians 4:29**

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

June Lim