

TikTok Theology

What is your feed feeding you?



Discussion Guide

“Unfollow”

Pastor Daniel Floyd

Starter If you could permanently mute or unfollow one negative influence in your life—a habit, a social media account, a fear, or an inner voice—what would it be, and why?

Sermon Summary

Every day, countless voices compete for our attention, but what we allow into our hearts ultimately shapes the way we think, live, and follow Jesus. This message explores how guarding our hearts and replacing lies with God’s truth helps us experience greater freedom, peace, and spiritual growth.

ACT

As you absorb sermons, read, or participate in group discussion, take notes and make a plan to apply what God’s teaching you.

A (Action): Mark important ideas with an “A” to remind you to take action.

C (Contemplate): Use a “C” to mark ideas you want to process further.

T (Transfer/Teach): If it’s something you need to teach to someone else, note it with a “T.”

Read

What do these Scriptures teach you about God’s character? (Read some or all verses together.)

[Proverbs 4:23](#)

[James 1:13–17](#)

[Proverbs 18:1](#)

[Romans 12:1–2](#)

[Proverbs 3:5–6](#)

[Philippians 4:7](#)

[Luke 6:45](#)

[2 Corinthians 3:17](#)

[1 Peter 3:8](#)

[2 Corinthians 10:3–5](#)

[Psalm 71:14](#)

[Proverbs 3:25–26](#)

[Proverbs 15:4](#)

[2 Timothy 1:7](#)

[James 3:14–16](#)

[Psalm 1:1–3](#)

[Philippians 4:8–9](#)

[Ephesians 4:29](#)

[1 John 4:18](#)

[Psalm 16:5–6](#)

[Philippians 4:19](#)

[Psalm 27:1](#)

Discuss

Choose questions to keep the discussion moving. There’s no need to discuss every question.

1. [Proverbs 4:23](#) says to “guard your heart above all else.” What do you think that looks like in your everyday life?
2. Which voice discussed in the sermon—negativity, temptation, fear, isolation, or comparison—is the easiest for you to listen to, and why?

3. How have the things you regularly watch, read, or listen to shaped your thoughts or attitudes—either positively or negatively?
4. Why do you think God wants believers to renew their minds rather than simply change their behavior?
5. What is one influence or habit you sense God is asking you to “unfollow,” and what could replace it with something life-giving?

Go Deeper

1. Study [Genesis 3:1–13](#) (the fall). How can recognizing subtle lies help guard your heart before they influence your actions?
2. Study [Daniel 1:3–20](#) (Daniel and his friends). What practical boundaries helped Daniel stay faithful, and what similar boundaries might strengthen faith today?
3. Study [Matthew 4:1–11](#) (Jesus tempted in the wilderness). What does Jesus’ response teach about overcoming temptation through Scripture?
4. Study [Philippians 3:12–14](#) (pressing toward the goal). How does focusing on God’s purpose help break the cycle of comparison?

Apply

1. Identify one unhealthy influence in your life and replace it this week with intentional time in God’s Word.
2. Memorize one Scripture that speaks directly to an area where you struggle with fear, temptation, or comparison.
3. Spend one day intentionally limiting unnecessary media and using that time for prayer or meaningful conversations.
4. Write down recurring negative thoughts; then find biblical truths that directly challenge each one.

Pray

Here are some prayer points:

1. Pray for discernment to recognize voices that pull your heart away from God’s truth.
2. Ask God to renew your mind and replace fear, negativity, and comparison with His peace.
3. Pray for the discipline to guard your heart by filling it with God’s Word each day.
4. Ask the Holy Spirit to help you hear and follow God’s voice above every competing influence.

Leadership Tip

Encourage everyone to share honestly without feeling pressured to have all the answers. As people discuss personal influences and struggles, keep bringing the conversation back to God’s grace and the hope of transformation through renewing the mind rather than simply trying harder.