

STUDY GUIDE + STREAMING VIDEO

FIVE SESSIONS

NEW YORK TIMES  
BESTSELLING AUTHOR

**SADIE  
ROBERTSON  
HUFF**

# who are you following?



*PURSuing JESUS IN A  
SOCIAL MEDIA OBSESSED WORLD*

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SOCIAL MEDIA OBSESSED WORLD*

F I V E   S E S S I O N S

STUDY GUIDE FOR INDIVIDUALS & GROUPS

SADIE ROBERTSON HUFF

*Who Are You Following? Study Guide*

© 2022 by Sadie Robertson Huff

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# psst... start here.

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Hey, hey!

You're here! Welcome, friend. The hardest part is behind you already, the part where you saw the title of this study and realized you might have some growth to do in this area of life and then actually *opened the book*.

Well done. It's a move you won't regret! How do I know? Because a few years ago, I, too, needed to grow in my ability to think more clearly about who I am following and to take courageous actions to better guard my heart, and the sessions you're about to experience reflect the very same steps I took.

## **w h y   t h i s   s t u d y ?**

Let me say upfront that there is nothing inherently “wrong” with following people on social media, keeping up with your favorite influencers online, checking in regularly on a blog you love reading, and admiring people who are doing amazing things in the world. The Internet can be a great place to connect with friends, check out the latest trends, start a new business, and more. But if we're not careful, all that greatness can lead us astray.

We can start paying more attention to our screens than to the people in our real lives.

We can start trusting the voices of people we've never met over those who know and love us.

We can fall into the comparison trap, where every post we see is just one more opportunity to feel terrible about who we are, what we have, and how we're spending our days.

We can wake up one day and wonder how we've gotten so far off-course . . . how we've ended up somewhere we never intended to be.

The good news? The opposite is also true. If we *are* careful about who we’re allowing to speak into our attitudes, our actions, our habits, and our lives, we don’t have to be led astray. We can stay the course that God asks us to walk, the path paved by his acceptance and grace. That’s where this study comes in.

study goals

In this five-session study, you and I will get honest about who we’re following today and about where those influences are leading us. We will take a close look at what might shift in our lives if we were to be led by God’s love instead of by strangers’ likes. We will answer the tough question of whose glory we’re really living for. We will learn how to come at our mistakes and missteps with divine perspective. And we will confirm once and for all where true fulfillment is found.

session segments

SEGMENT NAME	GROUP	PURPOSE
This Sesh	5 min	Brief overview of the session’s content
Settling In	5 min	Stillness exercise to center your mind and heart before diving into the video
Roll Tape	15–18 min	Space to take notes on the video content that sets up the session
Whatcha Think?	30 min	Group questions to help you unpack the video content
Constructive Convos	10 min	Conversational opportunities to engage with the session content on a personal and practical level

SEGMENT NAME	GROUP	PURPOSE
Workin' It Out on Your Own	Questions to help you interact on a deeper level with the session's theme	
Simple Steps	Actions to take between sessions to practice implementing what you're learning	

*Note:* If you are reading along in the book, *Who Are You Following?* (Thomas Nelson, 2022), corresponding chapters for each session are noted just under the session's title.

s o l o   o r   g r o u p

This five-session study works both for individuals and groups. If you plan to go through the content solo, then consider reaching out to a friend or family member following each session to debrief your findings from that session. You might prep them upfront by saying, “Hey, I’m trying to be a little more intentional for the next few weeks about the voices influencing my life. Can I run some things by you as I go?”

As you work through each session, you may find the “Constructive Convos” segment especially helpful in initiating useful conversations.

c h e e r i n g   y o u   o n

I couldn’t be more excited for you as you get going with these five sessions. Truly. God has such abundance in store for us, if we will just let his voice be the loudest voice in our lives! My prayer for you is that by God’s grace you will know with fresh awareness that you are deeply loved, that you are thoroughly adored, and that you are purposed for good things in him.

Sadie





# know where you're headed

[Based on Chapters 1 & 2]

There aren't too many feelings that are worse than the feeling you get when you realize that somewhere along the way you made a wrong turn and ended up where you didn't mean to be.

—srh

# this sesh

---

**Read this quietly to yourself before getting started.**

*Where are you headed in life?*

Big question, right? The question makes most of us pause. And honestly? It should.

**Where *are* we headed in life?**

**And how are we heading there?**

**Blindly or intentionally?**

In this opening session, we're going to sort out where we are today—emotionally, spiritually, intellectually, and habitually—and also declare where we want to be. We're going to look at where God says we *can* be, if we'll order our lives by his will instead of our own. And we're going to get real about which voices we're allowing to direct our steps—both online and in real life.

- Who is influencing what we think about?
- Who is influencing the opinions we defend?
- Who is influencing what we choose to be offended by?
- Who is influencing what we say, how we react, what we do?

The people we're following—that's who.

- Where are you headed in life?
- Where am I headed in life?

We're headed wherever the ones we're following are taking us. Where they go is where we will go.

# settling in

**Group leader, read this note from Sadie aloud.**

If you're a Millennial or part of Gen Z—then you know that for us, life is a constant stream of input. And I mean *constant*. From the moment our eyes open each morning to the last blink before we drift off to sleep, we are absorbing and assimilating and assessing information, content, perspectives, opinions, ideas, posts, tweets, chats, feeds, and pins. It never stops.

Until now.

For the next three minutes, *stop the flow*. I know, I know: We can't *actually* stop the info flow from flowing. But we can turn away for a sec. And that's exactly what I want you to do. Set a timer for three minutes and hit start. Close your eyes and sit silently for the full hundred and eighty seconds. It will feel like an eternity—don't say I didn't warn you. But until we can be still, we can't know God. Psalm 46:10 encourages the same thing, that we just be still and know. And while I don't know your exact hopes and dreams for engaging with this study—we'll get to that here in a minute—I'm guessing that if you're here, then at least this much is true:

***You really want to know God.***

You've tried the other approaches to life, including trying to be God yourself, and nothing has worked so far. You figure, "Following Jesus is worth a shot." It is so worth a shot, my friend. However you can get to Jesus, my encouragement is to *get to him*.

Sadie

So. Here's how we start: We start by being still. By coming into his presence with nothing in our hands. By simply sitting, and listening, and telling him we know he's near.

Ready?  
Set?  
Go.

roll tape

**Watch the video for Session 1: “Know Where You’re Headed” (about 15 minutes). Use the space below for your thoughts, notes, and quotes you don’t want to forget.**

Ending up in Eudora

Can't live without it

## Social-media usage trends

According to a recent Research study, people ages 25 to 40 spend an average of 2.5 hours per day on social media. For teens ages 13 to 18? It's closer to 7.5 hours each day.<sup>1</sup>

We'll go where the people we follow take us

Where are you headed in life?

Notes continued ►

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1 "Common Sense Census: Media Use by Tweens and Teens, 2019," Common Sense Media, accessed July 15, 2021, <https://www.commonsensemedia.org/Media-use-by-tweens-and-teens-2019-infographic>

Kingdom of this world/kingdom of god

Jesus, Jesus, Jesus

Becoming who we're meant to be

# whatcha think?

---

Work through the following questions with your group (or on your own) based on the video you just watched. If you're short on time, choose to engage only with the questions that seem most relevant to you or your group.

**1 Describe a time in life when you experienced the realization I mentioned in the video that “somewhere along the way you made a wrong turn and ended up where you didn’t mean to be.”**

Maybe it was a wrong turn relationally. Or maybe it was a financial wrong turn. Maybe it was a wrong turn that you made on one dumb college night. Could have been regarding your career, your involvement in a local church, or yes, your use of social media.

What were the circumstances involved, and what did you do to recover, once you experienced that initial sinking sensation?

Obviously, a big determiner of where we're headed in life has to do with how well we manage our social-media involvement.



2

## What did you make of the stats I cited regarding social media use today? Surprised? Not surprised?

- ☐ Shocking. Really. We all need to get a life—**fast**.
- ☐ Nothing shocking here. Look around! Every nose you see is all but Velcroed to a screen.

## Where do you fit into the stats of 2.5–7.5 hours a day on social media if you're being honest?

Place an “X” on the spectrum below that represents the time you think you spend on your socials each day.

**HOURS** |——| 2 |——| 3 |——| 4 |——| 5 |——| 6 |——| 7 |——| 8

## What do you typically do while online?

- ☐ Stay in touch with what friends are doing
- ☐ Stay up to date with news and current events
- ☐ Fill spare time
- ☐ Be entertained
- ☐ Network with other people
- ☐ Share photos or videos with others
- ☐ Share my opinion
- ☐ Research new products/services to buy
- ☐ Meet new people<sup>2</sup>
- ☐ Something else? \_\_\_\_\_

<sup>2</sup> Monica Anderson, “A Majority of Teens Have Experienced Some Form of Cyberbullying,” Pew Research Center, September 27, 2018, <https://www.pewresearch.org/internet/2018/09/27/a-majority-of-teens-have-experienced-some-form-of-cyberbullying/>

**Talk about how it makes you feel being face-to-face with hard facts about our behaviors.**

**3 What did you make of the correlation I suggested between obsessive social-media use and effects on our mental health such as depression, loneliness, anxiety, and the chronic comparison game? Talk about any connection in your own life between social-media use and your mood.**

In chapter 1 of *Who Are You Following?*, I talked about deleting the Instagram app from my phone for a time because I was “distracted by everyone else’s lives and unhappy with my own.” Distracted . . . unhappy . . . that’s how I felt those days—can you relate?

# 4

**If you had to name the top two or three feelings, emotions, or realities that social media brings to the surface for you, which would you pick from the list below?**

- |   |                                    |                                     |
|---|------------------------------------|-------------------------------------|
| <input type="checkbox"/> content          | <input type="checkbox"/> joyful    | <input type="checkbox"/> distracted |
| <input type="checkbox"/> envious          | <input type="checkbox"/> prideful  | <input type="checkbox"/> aware      |
| <input type="checkbox"/> at ease          | <input type="checkbox"/> generous  | <input type="checkbox"/> informed   |
| <input type="checkbox"/> curious          | <input type="checkbox"/> awful     | <input type="checkbox"/> angry      |
| <input type="checkbox"/> bored            | <input type="checkbox"/> eager     | <input type="checkbox"/> jealous    |
| <input type="checkbox"/> imaginative      | <input type="checkbox"/> tired     | <input type="checkbox"/> upset      |
| <input type="checkbox"/> self-conscious   | <input type="checkbox"/> wired     | <input type="checkbox"/> peaceful   |
| <input type="checkbox"/> others-focused   | <input type="checkbox"/> energized | <input type="checkbox"/> grateful   |
| <input type="checkbox"/> self-denigrating | <input type="checkbox"/> happy     | <input type="checkbox"/> pathetic   |
| <input type="checkbox"/> insecure         | <input type="checkbox"/> unhappy   | <input type="checkbox"/> involved   |
| <input type="checkbox"/> secure           | <input type="checkbox"/> focused   | <input type="checkbox"/> seen       |

**Talk about your choices and listen to each other—where we are all vulnerable and maybe stuck.**

## 5

**How do you feel about where you're headed, based on how you're currently interacting with social media? Share your response and talk about how you can take even small steps in a new direction.**

- ☐ **I feel chaotic.** I haven't really sat long enough to think about the effects the online world has had on me, and my thoughtlessness is really starting to show.
- ☐ **I feel convicted.** It's probably time for me to make some long-overdue changes to my online habits.
- ☐ **I feel calm.** There's always room for growth, but I'm pretty careful about what I put in my mind and heart and reap the benefits of that intentionality most days.

When talking about the “other influences” we allow into our lives, it's easy to pick on social media. It's so *measurable*, right? We can measure how many of those influences we are following. We can measure how long we pause on a given post. We can measure the total time we spend being influenced. We can measure how much money all that influence gets us to spend.

**But social media is hardly the only culprit here. For example, raise your hand if the following questions apply to you:**

- Have you ever trusted the input of a podcaster you've never met over the input of a family member who's had intimate knowledge of your life?
- Have you ever put too much weight on a close friend's opinions, even at the expense of doing what you believed was right?
- Have you ever gone against your better judgment when making a critical decision because of something Google told you to do?

Before shifting gears to the next section, let's take a few minutes to talk about the loudest voices in your life today—online and IRL alike.

**Mark the loudest voices in the list below:**

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Friends               | <input type="checkbox"/> Podcasters       | <input type="checkbox"/> Columnists              |
| <input type="checkbox"/> Family members        | <input type="checkbox"/> You Tubers       | <input type="checkbox"/> Professors/<br>Teachers |
| <input type="checkbox"/> Professional athletes | <input type="checkbox"/> Bloggers         | <input type="checkbox"/> Colleagues              |
| <input type="checkbox"/> Actors and promoters  | <input type="checkbox"/> Vloggers         | <input type="checkbox"/> Pastors                 |
|  | <input type="checkbox"/> TV personalities | <input type="checkbox"/> Authors                 |

**So, to whom are you listening?**

**Whose opinions and perspectives do you rely on?**

**Whose voice holds sway over your mind and heart?**

**To whom do you hand over decision-making power, and why?**

Take a few minutes on your own and write down some honest observations you're making about yourself and hearing in others that you think could use some more attention, some deep thinking, and maybe some real change.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# constructive convos

**Read the conversation starters below, think through how you’d finish one or two of the sentences, and then take turns completing the sentences with the whole group. See if you can make it a few rounds. Be sure to carve out time for each group member to respond to at least one prompt.**

Note: If you’re doing this section solo, then consider having a few of the following conversations with family members, neighbors, work associates, or friends sometime this week OR just journal your responses in some alone time.

The essence of what makes me “me” is . . .	When I think about who I’m becoming, what comes to mind is . . .	The character quality I wish I had more of is probably . . .
Regardless of who I follow on socials, the kind of person I actually admire is . . .	How I’m feeling about Jesus these days? I’d say . . .	Between Jesus and “other influences,” the one getting more of me lately is . . .
My biggest struggle right now is that I . . .	In my day-to-day life, I just wish I could find a way to . . .	What I wish my relationship with Jesus looked like is . . .

# workin' it out on your own

**Spend time on your own between videos and group meetings to work through some more personal questions.**

**1** Let's do a little word association . . . you game? When I say \_\_\_\_\_, you say \_\_\_\_\_.  
**Here are the topics; simply write down the first word that comes to mind.**

- When I say *time*, you say: \_\_\_\_\_
- When I say *habit*, you say: \_\_\_\_\_
- When I say *truth*, you say: \_\_\_\_\_
- When I say *beauty*, you say: \_\_\_\_\_
- When I say *God*, you say: \_\_\_\_\_
- When I say *socials*, you say: \_\_\_\_\_
- When I say *legacy*, you say: \_\_\_\_\_
- When I say *peace*, you say: \_\_\_\_\_
- When I say *purity*, you say: \_\_\_\_\_



2

**Take a look at your responses to the previous question. What observations or insights can you draw about your train of thought?**

3

**Without even thinking too hard, where is your focus? What is most on your mind? Do you see a consequence, good or bad, to your focus?**

**Use the following list of characteristics or traits to fill in the blanks for each prompt.**

caring	outgoing	questioning
free	responsible	afraid
authentic	wise	fearless
ready	truthful	impressionable
alert	fun	strong
serious	capable	easily-influenced
quiet	willing	engaging
helpful	respectable	selfish
accepting	a leader	selfless
generous	a follower	good listener
godly	reserved	faithful
fearful	defensive	thoughtful
kind	approachable	diligent
honest	distant	

**What I think I’m known for now, by people who know me well:**

_____	_____	_____
_____	_____	_____
_____	_____	_____

Remember: You are becoming who the people you are following are leading you to be.

4 This is the time to be honest. Because until we are honest about where we are at, we cannot get to where we need to go. When I stop to really think about the kind of person I want to be known as, a few qualities rise to the top of my list. For me those words are *faithful, authentic, and kind*. These are things I want to be known for.

What are those words for you? Write an honest list of what kind of person you want to be known as here:

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5

**Now, the hard part. Can you further cut that list down? If you could be known for *just one thing* by those who know and love you most, which character quality would you choose?**

Claim it in the box below.



Now, why do I bring all of this up, this emphasis on how we want to be known someday, on the person we hope to become? Because who we follow impacts how we are seen and known. If we aren't careful, if we don't decide for ourselves that we want to be known for being like Jesus, we risk being known for things we don't even like ourselves.

As we move into the final section—and throughout the four sessions to come—keep this singular character trait in the forefront of your mind.

# simple steps

To close out session 1, I want to give you some simple steps you can take to either change direction toward Jesus or double check how much you are actually following the only good and true One worthy of your full attention.

**Take a look at the ideas below and decide to give each one a try. You might even write them on your daily calendar so that you won't forget to prioritize them this week.**

- ☐ **Begin each day in prayer.** As in, before you reach for your phone to see what the world is up to, spend your first moments with your heavenly Father to see what *he's* got going on.
- ☐ **Memorize Hebrews 12:1–3.** (See the quotebox on the next page.) If you've never memorized Scripture before, it's not near as hard as you might think. In John 15:5, Jesus says this: "If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." And one of the main ways we can "remain in him" is by saturating our lives with God's Word. As you work to memorize this passage, pay careful attention to the phrase, "fixing our eyes on Jesus." Ask yourself throughout your days here and there, "Are my eyes fixed on Jesus, or are they fixed on this new trend, that new update, this influencer's post, that friend's rant?" If anything but Jesus is your answer, fix that fixation fast. Ask God to help you, friend. God loves when we fixate on him.

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

— Hebrews 12:1–3

- ☐ **Get real with a friend or family member.** Reach out to two or three people you trust and have a straight-shot conversation with each one. What do they observe about the people in life you are listening to the most? How would they articulate what it seems like your priorities are? Do they ever hear you talk about your spiritual beliefs? Do they know what you think about God? Choose a few of the “constructive convo” topics from page 21 of this guide and see what those chats reveal.
- ☐ **Make a list of (non-device-related) loves.** What do you like to do, apart from scrolling socials? Christian and I love to dance. I love to read. Play with my daughter, Honey. Have game nights with friends. Have family movie nights. And play tennis. Now, it's your turn. In the space below, jot down as many pastimes as you enjoy passing time with. Remind yourself of what you used to do, before phones and screens captured all our free time.

## Things I love to do when I'm not online . . .

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_
- 8 \_\_\_\_\_

☐ **Push pause.** You knew this was coming, right? Carve out a window of time each day this week when you aren't attached to your phone . . . or your iPad, or your Kindle, or your laptop, or whatever device keeps distracting you, or worse, keeps leading you. Stick it in the upstairs bathroom, set an alarm on your watch to go off after the amount of time you hope to abstain, and then go about your life.

**What do you notice about your attitude, your perspective, your heart rate, and your level of engagement with the outside world when you're not allowing random unchecked influences to lead you? Journal about your experience following your heart, your spirit, your truer self here:**



# following jesus reminds us of our real identity

Social media is a great place to keep up with family, friends, and your favorite influencers online. But if we're not careful, we can get caught trying to become who we're following on social media, rather than following Jesus to become more like him. We can start trusting voices of people we've never met over the One voice who knows and loves us most.

Join Sadie Robertson Huff as she answers the tough questions and reminds us of whose glory we're really living for. Together, we will learn how to face our mistakes with divine perspective and discover where our true fulfillment is found in Jesus. In this five-session study, Sadie challenges us to consider who we're following and how we are influenced. What would it look like if we were led by God's love instead of by strangers' likes?

This study guide includes:

- Individual access to five streaming video talks from Sadie
- Video notes
- Group discussion questions about Sadie's talks
- Constructive convos to process the message on a practical level
- On-your-own simple steps to implement what you're learning

## Sessions and video run times:

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1. Know Where You're Headed (15:00) | 4. Say Grace (15:00)               |
| 2. Choose Love Over Likes (17:00)   | 5. Refuse to Just "Do You" (17:00) |
| 3. Get Glory for God (14:00)        |                                    |

## Streaming Video Access Code Included\* WATCH ON ANY DEVICE

DVD also available, sold separately.



**SADIE ROBERTSON HUFF** is a *New York Times* bestselling author, speaker, influencer, and founder of Live Original. Communicating as a sister and friend, Sadie is on a mission to reach the world with the message of Christ. The host of the popular podcast *WHOA That's Good*, which launched in 2018, she continues to top charts and minister to millions of listeners as she engages with celebrities asking them to answer one question: "What is the best advice you have ever been given?" Using her influence for the good, she is also the creator of the *Live Original* blog, which features encouraging and transparent messages from her and her closest friends. Sadie is also the founder of the online community and app LO Sister, which are designed to cultivate sisterhood through Bible studies and workshops. Sadie, her husband, Christian, and their daughter reside in Louisiana.

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