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# Face Time: Your Identity In A Selfie World



## Synopsis

Instagram, Snapchat, WhatsApp, Vine. By the time you read this, there will be new ways to engage with others on social media. It's fun to be connected, but it's also a lot of pressure isn't it? Social media constantly reminds you what others are doing, how they look, and who they are with. As you check your accounts (all the time!) it can be easy to think you aren't measuring up. What if you don't measure up? Do you cover it up with risky behavior, pack your calendar with more and more activities, crash diet, explore your sexuality, or experiment with cutting? It seems like other girls solve the problem in these ways, but they are still anxious, sad, and unsure of who they really are. Is there a better way to get comfortable in your own skin? Face Time helps teen girls deal honestly and wisely with issues like body image, sex, dating, substance abuse, materialism, perfectionism, and comparison. Author Kristen Hatton, a trustworthy guide for teens, wants girls to have the deep security, value, worth, love, and acceptance they crave. But she points them in a different direction than they might expect. Instead of looking within, Hatton helps them to look up to the one who made them and cares for them through all the ups and downs of their lives. In this easy-to-read guide, Kristen Hatton takes girls on a step-by-step, hope-filled journey toward understanding who they are, who loves them, and how to live out of that love every day. Face Time is fun-to-read and engaging, using fictional but true-to-life narratives and clear biblical teaching to help girls learn to recognize lies and counter those with truth.

## Book Information

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## Customer Reviews

“As a father of teens, I often feel overwhelmed and ill-equipped with the changes that social

media are making in our everyday lives. Kristen Hatton has provided a huge dose of information, wisdom, and gospel-oriented encouragement in this book. I highly recommend it.

—Â• Michael Horton, J. Gresham Machen Professor of Theology, Westminster Seminary California; author of *Core Christianity*; cohost of the *White Horse Inn*

—Â• “We’ve long since passed a time when socialization of our children was the limited domain of families, churches, and schools. By teenage years our children face an array of influences, not the least being the pervasive and growing impact of social media. Kristen Hatton has written a wise, winsome, and biblically informed road map to help girls navigate an online culture that can create enormous pressure and anxiety. Highly recommended.”

—Â• Tom Cannon, National Coordinator, Reformed University Fellowship

—Â• “As a woman, mom, friend, and former teenage girl herself, Kristen Hatton understands the intense pressure and devastating effects of trying to measure up in a constantly changing culture. With compassion and clarity, she offers wisdom that is deeply rooted in God’s Word and God’s character. She offers practical help and real hope as she shows the reader how to find the freedom that comes only through an identity in Christ.”

—Â• Courtney Doctor, Director of Women’s Ministry at Kirk of the Hills, PCA; author of *From Garden to Glory*

—Â• “Kristen has offered Christian girls and young women a rich, gospel-saturated gift in this book! She blends biblical theology and the story of redemption with frank and realistic engagement with today’s youth culture and its dangers, and does so conversationally and winsomely. As a pastor/chaplain to high school and college students for the last ten years and now a father to daughters of my own, I commend this book to you as a solid resource for guiding young women toward an unshakeable identity that is grounded in the promises of a good and gracious God.”

—Â• Jon Nielson, Author of *Gospel-Centered Youth Ministry* and *Faith That Lasts: Raising Kids Who Don’t Leave the Church*

—Â• “Our sense of identity guides the many conscious and unconscious decisions we make. It’s the lens through which we see the world. So it shouldn’t be a shock that when our sense of identity becomes unhealthy, our life has a tendency to follow. Each chapter of *Face Time* gives us an insight into a specific lie that can infiltrate our identity and damage our sense of self. When we are able to root out these lies and get to the truth that lies beneath, we are on the path to a happier, healthier life.”

—Â• Jonathan Steingard, Lead singer for Hawk Nelson

—Â• “As I read *Face Time*, I thought of adult women I’ve disciplined who’ve struggled with similar pain and sin as the teen girls highlighted in this book. How might their faith and lives have been impacted had they read *Face Time* when they were younger? I recommend this book for every little woman and those who love and disciple them. *Face Time* is the gospel-filled, wisdom-rich book

I've longed to see written!

• Ellen Mary Dykas, Women's Ministry Director, Harvest USA; author of *Sexual Sanity for Women: Healing from Sexual and Relational Brokenness* and *Sex and the Single Girl: Smart Ways to Care for Your Heart*

"Face Time offers an age-old solution to a current crisis. Today's teenagers are the first generation of people to live their entire life with exposure to social media. Today's parents are the first to have to consider how to handle the new challenges that technology is presenting. At the end of the day, the underlying problems come down to the same, eternal human problem: our desire to manufacture our own worth and build our own righteousness. Kristen Hatton offers a wise, smart, and helpful direction on how the gospel of grace offers comfort, freedom, and life in light of these issues. This book is a life-line for an issue where so many people experience fear and desperation."

• Cameron Cole, Chairman of Rooted: Advancing Grace-Driven Ministry; director of youth ministries, Cathedral Church of the Advent, Birmingham, AL; coeditor, *Gospel-Centered Youth Ministry*

"The depression rate in teens has been linked to the ever-increasing usage of social media, making Face Time most timely in the realm of both Christian and professional counseling. Kristen's book provides spiritual depth and truth to addictive behaviors like body image, eating disorders, and self-injury that plague hurting adolescents and adults alike. It's time to turn off the screen and dive into a book that reminds the soul of its true identity and worth."

• Alice H. Churnock, Licensed Professional Counselor; Certified Eating Disorder Specialist

"Kristen's words offer a welcome too for young women to know and understand that they aren't the only ones who deal with the comparison game that social media often presents. She breathes life into the identity of young women and reminds them that no amount of likes, comments, or validation through Instagram can satisfy the way the fierce love of the Lord can!"

• MacKenzie Wilson, Founder and Creative Director, Delight Ministries

"As a mom with two girls, one in middle school and one in college, Kristen's fresh perspective brings hope to the struggles girls experience from our social media and selfie-driven world. Through the constant struggles of inadequacy, distorted desires, and obsession with appearance and performance, *Face Time: Your Identity in a Selfie World*, offers girls a gospel-centered solution to the identity crisis currently consuming our distracted and disconnected culture. Kristen equips young believers with the truth of God's acceptance and encourages them to embrace who he created them to be in Christ Jesus. Her personal experiences and creative illustrations will captivate and inspire girls to look up to Jesus rather than looking at all that surrounds them. Thank you, Kristen, for impacting this generation of girls for Jesus. I can't wait to get a copy for my girls!"

• Annie Pajcic, Founder of

ThouArtExalted Ministries, [www.thouartexalted.com](http://www.thouartexalted.com) “Kristen Hatton’s passion to see the beauty and freedom of Jesus’s sacrifice grow in the hearts of teenage girls couldn’t possibly be more evident. Clearly a labor of love, Face Time invites teenagers to engage their lives with an idolatry and identity framework rooted in the gospel. Hatton provides realistic and relatable stories for girls to find themselves in and offers insightful questions to help them exegete their lives and culture.” • Liz Edrington, MA, Coordinator of Girls’ Discipleship and Young Adults at North Shore Fellowship; counselor at Summit Counseling Center, Chattanooga, TN

Kristen Hatton is a native Texan now putting roots down in Edmond, OK with her church-planter/pastor husband and their three teenagers. With a public relations background from Southern Methodist University, Kristen has a wide array of professional experiences, none of which she counts as important as the job of being a present mom. Through leading a small group Bible study of teenagers, she has discovered her passion for teaching and writing about God’s grace.

If you are looking for a book to use while discipling your own teenage girl or others, you’ve found a gem here. As the mother of a young girl, I know one of the biggest challenges she will face in this “selfie world” is finding her true identity in Christ and not being swayed by the world’s messages and pressures. Kristen Hatton does a tremendous job of walking our girls through the lies of the enemy and the truth of the gospel. She points readers to the way Christ alone heals our brokenness. She equips our teenagers with the truth they need to combat lies they are tempted to believe every day. I especially love Part II, where the author walks readers through stories of girls who are struggling with various identity issues. Rather than just telling you what to think about their struggles, she asks the reader to identify the lies being believed in the story and the truth she would share with a girl in that situation. I will definitely be using this book with my daughter when she hits adolescence and highly recommend this book to others.

The Bible tells us that it was not good for Adam to be alone. We all are relational creatures with a God-given desire to connect to others in this world, but sin distorts that desire and we find ourselves trying to suck all of our identity out of others’ affirmation. Social media ratchets the stakes up exponentially for our young people. Face Time is a 12 chapter Bible study pointing our girls back to the place where true identity is derived. The foreword states, “Our girls are in the fight for their lives. Their identity is threatened at every turn.” How many of us who frequently deal with young people

know a girl who cuts or has an eating disorder or a teen who has attempted suicide? Face Time addresses eating disorders, cutting, sexual identity, peer pressure, drinking and more and then every chapter points our girls to hope in Jesus Christ. As a mom of three teen girls I am thankful for this resource which deals with these topics head on. This book is a great resource for small groups, youth leaders and mother/daughter Bible studies. Kristen has dealt with the issues facing today's young women in a concise and Biblical manner.

I've been working with youth ministry and teenage girls for almost 15 years. I always struggle to find books and material that I can easily give to a student, an adult volunteer, or a parent that can point them to Christ (without me having to make edits)! But Kristen's book is different. This book is an easy choice for any youth leader, volunteer, parent, or teenager trying to figure out what is the real truth about who they are in the world. The first half is full of gospel clarity that points your heart to knowing Jesus in a deeper way. The second half gives you case studies of situations, and then asks you to take the gospel truth you had learned in the first part of the book, and apply it to the situation. It's a beautiful way to teach teenagers (and even adults) how to think and act with a gospel-centered mindset. I'll be ordering a dozen or more to hand out to my students and youth volunteers for our fall study.

This is an amazing book and resource for teens, college women, their moms and anyone in youth ministry or counseling! Face Time hits the nail on the head when addressing the struggle that girls have with identity in their social media driven, comparison and success riddled culture. This is a short and accessible read, clearly describes the gospel and then brings the identity issues to life with twelve different "real life" narratives. These stories are tools for girls to recognize the lies they are believing and begin the process of reclaiming the truth of who they are in Christ....beautiful, loved, redeemed and valued immensely. Highly, highly recommend it. I've looked and there is nothing out there for teens/ young adults quite like it. (Can also be used in a small group setting!)

"What Freedom there is when you realize that the King of all things and the masterpiece-maker declares that you, his redeemed daughter, are 'altogether beautiful.... there is no flaw in you' (Song of Solomon 4:7)! May this truth be your source of hope and joy!" This book is geared toward girls ages 7th-12th but lady and momma friends, if you're female or know a girl that age, this book is for you, for this culture, for your encouragement. Get your own perspective straightened and get your cup filled that you might pour out to others. This book is culturally timely, relevant and needed!

To everyone who has a middle school, high school, or college girl (or know some), you have to check out Kristen Hatton's new book, *Face Time- Your Identity in a Selfie World*. As a high school teacher in a social-media glutted world, I see the negative effects of what is happening to our girls first-hand: the obsessiveness with keeping up an unattainable persona of perfection and the myriad of negative effects that results in. Kristin has written an amazing book navigating the social media landscape in Christ-centered manner, and I believe it stands out as a must-read for teens of today!

*Face Time* by Kristen Hatton is an amazing tool for parents and teachers alike. Social media plays such a predominate role in the lives of so many. Navigating this world with the added "social media" component can be difficult for even a seasoned Christian woman. Kristen has crafted this wisdom-filled study to help parents and teachers guide and nurture the young women in their lives. Thank you Kristen- I am so grateful for this wonderful book. It is now on my top ten books to recommend to families.

My wife and I are very thankful for the way *Face Time* gets right to the heart of the matter with a gospel approach. Kristen's own authentic story with her own daughter's struggle bring to light that we all need to be able to wrestle with these issues open and honestly within our community. She illustrates to her audience through real stories that help to more fully understand the complexity that teens are dealing with today. Thank you for giving us a road map Kristen!

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