



FAMILY
DISCIPLESHIP
RESOURCE



HOMESCHOOL
NOW

Digital Discernment Guide



Helping Teens Think Biblically
in an AI World



"Test all things; hold fast what is good."

1 THESSALONIANS 5:21



BIBLICAL
TRUTH



FAMILY
DISCIPLESHIP



DISCERNMENT
IN DAILY LIFE

PREPARED BY NITA | HOMESCHOOL NOW





Welcome, Parents!

Thank you for choosing this Digital Discernment Guide. You care deeply about raising your children to know, love, and follow Jesus—and that starts with helping them navigate the digital world with wisdom and truth.

This guide will equip you to have meaningful conversations, set godly boundaries, and build discernment skills that will protect and prepare your teens for a lifetime.



WHY THIS MATTERS

Technology is shaping how our teens think, feel, relate, and make decisions every single day. From AI companions and social media algorithms to deepfakes and online influences, the digital world is both a powerful tool and a real source of spiritual risk.

Our goal is not just to protect our children—but to equip them to discern truth, think biblically, and walk confidently in God’s wisdom.



HOW TO USE THIS RESOURCE

- ✓ **Work through the sections at your own pace.** Each section includes Scripture, teaching, conversation prompts, and practical tools.
- ✓ **Use it with your teen.** Discuss the topics together and complete the activities as a family.
- ✓ **Revisit often.** Discernment is a skill that grows with practice and consistency.
- ✓ **Pray first.** Invite the Holy Spirit to guide your conversations and open hearts.



AT A GLANCE



RECOMMENDED PARENT TIME

60–90 minutes total
(Can be spread over several sessions)



BEST FOR TEEN AGES

11–18
(Adaptable for younger teens with parent guidance)



PERFECT FOR

Family devotion time, homeschool morning time, or intentional discipleship conversations



OUR PRAYER FOR YOU

We pray this guide strengthens your family, deepens your conversations, and helps your teens develop a biblical worldview that stands firm in a rapidly changing digital world.

You are not alone in this mission—God is with you.





Biblical Foundation

God's Word is our ultimate filter in a world full of competing voices and values. Scripture gives us wisdom, truth, and discernment to navigate every message, platform, and relationship.



KEY SCRIPTURE

“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.”

ROMANS 12:2 (ESV)

WHAT THIS VERSE MEANS

- ▶ We are called to think differently than the world.
- ▶ Our minds can be renewed through God's truth.
- ▶ We must test and discern what is truly good.
- ▶ Discernment is not automatic—it is learned and practiced.



THE BIG IDEA

Discernment is not about criticizing everything—it's about recognizing truth, rejecting what is harmful, and choosing what honors God.



REFLECTION QUESTION

What influences your thinking most right now?

Examples may include:

- ✓ Social media
- ✓ Friends
- ✓ Entertainment
- ✓ News / current events
- ✓ Podcasts / influencers
- ✓ AI tools
- ✓ Other: _____



A PRAYER FOR DISCERNMENT

Lord, help me to love what is true, reject what is harmful, and choose what honors You. Renew my mind daily and teach me to discern Your will in every message and influence. Amen.



PARENT ENCOURAGEMENT

You do not have to have all the answers today. Faithful, consistent conversations and a biblical foundation will make the greatest impact in your teen's life. Keep pointing them to Jesus—He is the truth that never changes.





Understanding the Digital World Our Teens Are Navigating

Before we can help our teens discern well, we need to understand the landscape of today's digital world. Technology isn't neutral—it shapes how our teens think, feel, relate, and make decisions every day.



WHAT'S SHAPING THEIR WORLD?

Today's teens are exposed to more information, more voices, and more influence than any generation before them.

1. CONSTANT CONNECTION
Smartphones and devices keep teens connected 24/7, making it difficult to unplug, think deeply, or find true rest.

2. AI COMPANIONS & CHATBOTS
AI tools can simulate friendship and empathy, offering instant validation but not always truth.

3. SOCIAL MEDIA & INFLUENCERS
Platforms and personalities curate content designed to capture attention—and shape opinions, values, and identity.

4. ENDLESS CONTENT & ENTERTAINMENT
Short videos, gaming, and streaming create constant stimulation that trains the brain for quick hits, not deep thinking.

5. DIGITAL IDENTITY & COMPARISON
Highlight reels and filters can lead to comparison, insecurity, and confusion about who they really are in Christ.

6. MISINFORMATION & DECEPTION
Deepfakes, biased content, and false narratives can blur the line between truth and fiction like never before.

REFLECTION
Which of the areas above do you see having the greatest impact on your teen right now?

Talk About It
Ask your teen: *"Which of these feel most influential in your life right now—and why?"*

FOR PARENTS
Understanding the digital world is not about fear—it's about awareness. Stay informed, stay engaged, and stay close to your teen. Your presence and conversations matter more than any app or filter.

"Let the wise hear and increase in learning, and the one who understands obtain guidance."
PROVERBS 1:5 (ESV)

TRUTH OVER TRENDS
Seek what is true, not just what is popular.

PARENT PRESENCE MATTERS
Your influence is irreplaceable.

WISDOM IS A CHOICE
Choose daily to follow God's truth.





The Heart of Discernment

DISCERNMENT IS A HEART ISSUE BEFORE IT IS AN INFORMATION ISSUE.

Our teens don't just need rules—they need a transformed heart that loves what is true and rejects what is harmful.

Discernment grows when our hearts are rooted in truth, renewed by God's Word, and guided by the Holy Spirit.



DISCERNMENT STARTS WITH FOUR FOUNDATIONS



1. ROOTED IN TRUTH

God's Word is our ultimate authority. When Scripture shapes a teen's mind and heart, they have a steady filter for every voice they encounter.

PSALM 119:105



2. RENEWED BY GOD

We are called to renew our minds daily so we can think biblically, not just react culturally.

ROMANS 12:2



3. LED BY THE SPIRIT

The Holy Spirit gives wisdom, reveals truth, and convicts when something doesn't align with God's ways.

JOHN 16:13



4. MOTIVATED BY LOVE

True discernment flows from a love for God and a desire to honor Him in every decision, online and offline.

DEUTERONOMY 6:5



REFLECTION

Which of these foundations do you sense the Lord is inviting you to grow in most right now?



Talk About It

Discuss as a family:

- Which foundation comes most naturally to us?
- Which one is the most challenging right now?
- How can we support each other in growing?



GOD'S PROMISE

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."

JAMES 1:5 (ESV)



FOR PARENTS

You don't have to have all the answers. Your role is to point your teens to the One who does. Pray with them, study with them, and walk with them. Your faithfulness is their foundation.

"Train up a child in the way he should go; even when he is old he will not depart from it."

PROVERBS 22:6 (ESV)



GOD'S WORD IS TRUTH
Let Scripture be the final answer in your home.



HOMES ARE DISCIPLE-MAKING PLACES
Faith conversations build faith that lasts.



DISCERNMENT IS A JOURNEY
Grow together. Pray together. Stay anchored in Christ.





Biblical Discernment in Action

DISCERNMENT ISN'T JUST A CONCEPT—IT'S A DAILY PRACTICE.

God calls us to test everything and hold fast to what is good (1 Thessalonians 5:21). That means we pause, evaluate, and choose what honors Him.

Use this simple process anytime your teen faces digital content, choices, or conversations.



THE BIBLICAL DISCERNMENT PROCESS



? **PRACTICE IT**
Think of a recent digital choice your teen faced—an app, video, conversation, or online situation. Work through the process below.

1. PAUSE What happened?	2. EVALUATE What is being taught, promoted, or implied?	3. ALIGN Does this align with God's Word?	4. PROCEED How should we respond or what will we choose?
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

TALK ABOUT IT
Use these questions to start meaningful conversations.

- What questions should we ask before saying "yes" online?
- What does this reveal about what matters most to us?
- How can we honor God in the digital choices we make?
- How can we encourage one another in wisdom?

GOD'S WORD REMINDS US
"So whether you eat or drink or whatever you do, do it all for the glory of God."
1 CORINTHIANS 10:31 (ESV)

★ REMEMBER
Every day is an opportunity to choose truth over trends and wisdom over impulse. Small choices shape strong character.

HIS TRUTH, OUR GUIDE
Let Scripture shape your thinking in every digital decision.

WISDOM IN EVERY CHOICE
Discernment today protects tomorrow.

WALK IN TRUTH
Choose what is good. Reject what is not.





Understanding Influences

WHAT WE CONSUME SHAPES WHAT WE BELIEVE, HOW WE THINK, AND HOW WE LIVE.

Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it."

To guard our teens' hearts, we must understand the influences competing for their attention and affection.



THE INFLUENCE CHECK

Different influences can be helpful, neutral, or harmful. Use the chart below to evaluate where different influences in your teen's life currently fall.

- Helpful** Builds up and aligns with God's truth
- Neutral** Neither helps nor harms significantly
- Harmful** Leads away from God's truth or values

INFLUENCE	HOW IT INFLUENCES MY TEEN (Positive or Negative?)	HELPFUL / NEUTRAL / HARMFUL (Circle One)	WHY? (What impact is it having?)
Social Media		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
Friends		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
Entertainment		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
Games		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
Content Creators & Influencers		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
AI Tools & Chatbots		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	
Spiritual Inputs (Church, Devotions, Bible, etc.)		<input type="radio"/> Helpful <input type="radio"/> Neutral <input type="radio"/> Harmful	

REFLECTION

Which influence has the strongest impact on your teen right now?
Is it helping them grow closer to Christ?


TALK ABOUT IT

Use these questions to start a conversation:

- What content encourages you to be who God created you to be?
- What content makes you feel anxious, insecure, or unworthy?
- How do you feel after spending time with that influence?
- What changes would help protect your heart?

PARENT ENCOURAGEMENT

You are not called to eliminate every influence. You are called to guide your teen toward godly wisdom and a heart that loves what is true, good, and beautiful.





Truth in a World of Deception

NOT EVERYTHING ONLINE IS WHAT IT SEEMS— AND THAT'S MORE TRUE THAN EVER.

From deepfakes and AI-generated images to misleading headlines and manipulated content, deception is designed to look real.

God calls us to be people of truth—seeking it, speaking it, and standing firm in it.



SPOT IT, STOP IT, SEARCH IT

Use these three steps to navigate digital content wisely and protect your mind and heart.



1. SPOT IT

Be alert.

Notice when something seems too good (or too outrageous) to be true.

Pay attention to:

- Strong emotions
- Shocking claims
- Pressure to share quickly
- Unrealistic promises



2. STOP IT

Pause before you react.

Don't like, share, or comment right away. Take a breath and refuse to be manipulated by emotion.



3. SEARCH IT

Look for truth.

Verify information before you believe or share it.

Check sources, multiple perspectives, and what God's Word says.

REFLECTION

Think of a time you saw something online that was misleading or not what it seemed. How did it make you feel?

TALK ABOUT IT

Discuss as a family:

- Why do you think deception spreads so easily online?
- How can we help each other be more discerning before we believe or share something?
- What are some trustworthy sources we can use to check information?
- How does God's truth protect us from deception?



GOD'S WORD IS OUR ANCHOR

"Your word is a lamp to my feet and a light to my path."

PSALM 119:105 (ESV)



FOR PARENTS

Teach your teen that truth is not found in popularity, emotion, or appearances—it is found in Scripture and a heart that seeks God. Walk with them as they learn to stand firm in truth when the world is loud with lies.

"Then you will know the truth, and the truth will set you free."

JOHN 8:32 (ESV)



SEEK TRUTH

Don't settle for what's loud. Seek what is true.



THINK CRITICALLY

Ask questions. Check sources. Don't be easily swayed.



STAND FIRM

God's truth never changes. Build your life on it.





Content Discernment Worksheet

NOT EVERY PIECE OF CONTENT DESERVES YOUR ATTENTION.

Use this worksheet to evaluate any video, post, article, app, or conversation topic your teen encounters.

The goal isn't to avoid everything—it's to choose what is true, good, and edifying.



REMEMBER:

You have the power to choose. Every "yes" or "no" is shaping your heart.

EVALUATE IT: TRUE, GOOD, EDIFYING?

Think about a recent piece of content you saw or the next one you come across. Answer the questions below honestly.


DISCERNMENT QUESTION	YES	UNSURE	NO	NOTES & THOUGHTS
Is it TRUE? Does it align with God's Word and what is actually true?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Is it GOOD? Does it promote what is good, pure, and honorable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Is it EDIFYING? Does it build me up and help me grow in my faith and character?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Is it WORTH MY TIME? Will this use my time in a way that honors God?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Would I WANT OTHERS TO SEE THIS? Would I be comfortable if my family, friend, or mentor saw this too?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

REFLECTION
What did you learn about this content after answering these questions?

TALK ABOUT IT
Discuss as a family:

- Was it easy or hard to evaluate this content?
- Why do you think it matters?
- What would make it a "yes" instead of a "no"?
- How can we encourage each other to make wise choices?

PARENT ENCOURAGEMENT
Your teen doesn't need perfection; they need practice and partnership. Keep talking, keep listening, and keep pointing them back to Jesus.



SCRIPTURE TRUTH
"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."
PHILIPPIANS 4:8 (NIV)

CHECK BEFORE YOU CLICK
A wise pause today can protect your heart tomorrow.

CHOOSE WHAT BUILDS YOU
Fill your mind with what is true, good, and beautiful.

SEEK CHRIST FIRST
When you seek Him, He will guide your steps and your choices.





Guarding the Heart






WHAT WE ALLOW IN SHAPES WHO WE BECOME.

Proverbs 4:23 tells us to guard our hearts, because everything we do flows from it.

Use this guide to pause, evaluate, and protect your teen's heart from what can harden, distract, or lead away from God.



HEART CHECK: WHAT IMPACT DOES THIS HAVE?

ASK YOURSELF:	YES	UNSURE	NO	NOTES & THOUGHTS
 1. DOES IT DRAW ME CLOSER TO GOD? Does it help me love God more and understand Him better?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
 2. DOES IT REFLECT GOD'S CHARACTER? Is the language, attitude, and message consistent with Scripture?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
 3. DOES IT BUILD ME UP? Does it encourage, challenge, and inspire me to grow in godliness?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
 4. DOES IT USE MY TIME WISELY? Is it a good use of the time God has given me today?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
 5. DOES IT LEAD ME IN THE RIGHT DIRECTION? Does it help me make wise choices and resist sin?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	



REFLECTION

What stood out to you most as you answered these questions?



TALK ABOUT IT

Discuss as a family:

- What types of content tend to have the best impact on you?
- What types of content tend to have the worst impact?
- How can we help each other guard our hearts online?
- What boundaries or habits would help protect your heart?



SCRIPTURE TO REMEMBER

"Create in me a clean heart, O God, and renew a right spirit within me."

PSALM 51:10 (ESV)



FOR PARENTS

You can't filter everything, but you can form your teen's heart. Model discernment. Set boundaries. Keep conversations open. Pray together. Your influence matters more than any algorithm.

"Train up a child in the way he should go; even when he is old he will not depart from it."

PROVERBS 22:6 (ESV)



GUARD ABOVE ALL ELSE
Protect your heart, because everything flows from it.



FILL IT WITH TRUTH
Let God's Word be what shapes your thoughts and decisions.



WALK IN WISDOM
Choose what leads to life, and walk in it daily.





Motive Matters

A RIGHT MOTIVE KEEPS OUR HEARTS ALIGNED WITH GOD'S PURPOSE.

It's not just what we do online that matters—it's why we do it.

God looks at the heart. Let's evaluate the motive behind our digital choices.



CHECK THE MOTIVE: WHY AM I ENGAGING?

ASK YOURSELF:	YES	UNSURE	NO	NOTES & THOUGHTS
Am I seeking to honor God with this choice?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Am I looking to learn, grow, or be encouraged?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Am I trying to help or connect with others in a positive way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Am I seeking validation, likes, or approval from others?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Am I using this to escape, avoid problems, or numb feelings?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Am I trying to look better, be popular, or feel important?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

REFLECTION
*What did you discover about your motives?
 When do you think your motives are strongest?*


TALK ABOUT IT
 Discuss as a family:

- Why is motive as important as the content itself?
- How can we check our motives before we click?
- What can we do when our motives are wrong?
- How does God help us keep our hearts pure?

GOD'S WORD SPEAKS TO OUR HEARTS
"The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."
 1 SAMUEL 16:7 (NIV)



PARENT ENCOURAGEMENT
 Help your teen develop a heart that loves God more than likes, praise, or popularity. Celebrate when they choose with the right motive!



HEART OVER HYPE
 Don't be driven by the world's standards. Seek God's first.

CHECK THE WHY
 A good "why" leads to wise choices and a clear conscience.

LIVE FOR HIS GLORY
 Do everything to honor God, not to impress the world.





Building a Family Digital Discernment Plan

WISDOM GROWS IN COMMUNITY.

A clear plan helps your family pursue truth, protect your hearts, and use technology in ways that honor God.

Work together as a family to create your plan below.



OUR FAMILY DIGITAL VALUES

What matters most to our family?

Choose or add the values that guide how we use technology.

- Love God above all else
- Seek and speak truth
- Protect our hearts and minds
- Respect others online
- Be kind and encouraging

- Use technology to learn and grow
- Use technology to serve others
- Be excellent in what we do
- Be wise with our time
- Honor our family above all

- Other: _____
- _____
- _____
- Other: _____
- _____
- _____



WHAT WE ALLOW (With Boundaries)

What digital tools, apps, websites, and activities are appropriate for our family?



WHAT WE AVOID (With Purpose)

What content, apps, or activities do we choose to avoid and why?



WHAT WE DISCUSS (With Openness)

What topics, questions, or concerns will we talk about regularly?
(Examples: online content, friends, screen time, hard topics, decisions)



WHAT WE REVIEW (With Accountability)

How will we check in and review our digital lives together?
(Examples: weekly check-ins, device reviews, questions to ask)



TIME & RHYTHM (With Balance)

What healthy rhythms will help us balance screen time, real life, rest, and time with God?



FAMILY REFLECTION

What excites you about this plan? What worries you?
What will help our family stick to this plan?



PARENT ENCOURAGEMENT

Your goal isn't perfect rules—it's a connected family that pursues God together. Adjust your plan as your family grows and learns.



SEEK GOD'S WISDOM
If any of you lacks wisdom, ask God. James 1:5 (NIV)



BUILD TOGETHER
Plans work best when everyone has a voice and a role.



STAY FLEXIBLE
Revisit and adjust your plan as your family grows.





Family Social Media & AI Covenant

OUR COMMITMENT TO TRUTH, WISDOM, AND INTEGRITY ONLINE.

As a family, we want our digital life to honor God and build each other up. This covenant helps us set clear expectations, encourage accountability, and choose what is best.



OUR FAMILY COVENANT

We agree to work together to live wisely in a digital world.



We will **SEEK TRUTH**.
We will check facts, be careful with what we believe, and not spread lies.



We will **WALK IN INTEGRITY**.
We will not hide our online activity and will be honest about our digital choices.



We will **SPEAK WITH KINDNESS**.
We will use respectful words and avoid hurting others online.



We will **GUARD OUR HEARTS**.
We will avoid content that is harmful, impure, or distracting.



We will **USE TECHNOLOGY TO SERVE**.
We will use our time, gifts, and digital tools to honor God and help others.



We will **RESPECT BOUNDARIES**.
We will honor screen time limits, tech-free times, and device rules we set together.



We will **THINK BEFORE WE POST**.
We will ask if it is true, kind, necessary, and helpful before we share.



We will **TALK OPENLY**.
We will come to our family with questions, struggles, and things we see online.



We will **PROTECT OUR MINDS**.
We will be careful with AI tools and remember that God's truth is our foundation.



We will **KEEP OUR FOCUS**.
We will choose what builds our faith, character, and calling—not just what entertains us.

WHAT WE WILL DO WHEN...

- We see something that upsets or confuses us: _____
- We make a poor choice online: _____
- Someone breaks our trust: _____
- We need more help or wisdom: _____



FAMILY REFLECTION

*Why is this covenant important to our family?
How will it help us grow in wisdom and faith together?*

SCRIPTURE TO REMEMBER

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

PHILIPPIANS 4:8 (NIV)



PARENT SIGNATURE

I will lead, guide, and model wise digital choices.

X _____

Date: _____



TEEN SIGNATURE

I will do my part to honor this covenant.

X _____

Date: _____



DATE WE AGREED

Our family commits to this covenant on:



KEEP OUR WORD

A promise is meaningful when we keep it.



CHOOSE WISELY

Every click, post, and choice either builds or tears down.



LOOK TO JESUS

He is the same yesterday, today, and forever. (Hebrews 13:8)





30-Day Digital Discernment Challenge

SMALL STEPS TODAY. STRONGER HEARTS TOMORROW.

Discernment is a habit. Use this 30-day challenge to grow in wisdom, make intentional choices, and honor God in your digital life.

Do one challenge each day. Check it off when you complete it!



DAY	CHALLENGE	DONE
1	Evaluate one video or post using the Content Discernment Worksheet.	<input type="checkbox"/>
2	Unfollow or mute one account that doesn't build you up.	<input type="checkbox"/>
3	Read Philippians 4:8 and write down one truth that stands out.	<input type="checkbox"/>
4	Ask a parent: "What does this teach me about life, people, or God?"	<input type="checkbox"/>
5	Take a 24-hour break from your least healthy app or habit.	<input type="checkbox"/>
6	Pray and ask God for wisdom to make good choices today.	<input type="checkbox"/>
7	Notice one influence in your day. Was it helpful or harmful?	<input type="checkbox"/>
8	Watch or read something that inspires your faith. Journal one takeaway.	<input type="checkbox"/>
9	Check your motives before you post or share.	<input type="checkbox"/>
10	Do something kind for someone offline.	<input type="checkbox"/>
11	Listen to a worship song or sermon. Reflect on what you learned.	<input type="checkbox"/>
12	Review your screen time. Is it balanced?	<input type="checkbox"/>
13	Choose one friend to encourage today.	<input type="checkbox"/>
14	Be a light online. Share something that is true, kind, and helpful.	<input type="checkbox"/>
15	Memorize or review a Bible verse.	<input type="checkbox"/>

DAY	CHALLENGE	DONE
16	Audit your apps. Delete or remove what you don't need.	<input type="checkbox"/>
17	Write down how God has helped you make wise choices.	<input type="checkbox"/>
18	Spend 30 minutes creating something instead of consuming content.	<input type="checkbox"/>
19	Ask: "Is this content drawing me closer to God or farther away?"	<input type="checkbox"/>
20	Talk with a parent about a tough topic online.	<input type="checkbox"/>
21	Practice gratitude. List 3 things you're thankful for today.	<input type="checkbox"/>
22	Think before you share. Pause and check.	<input type="checkbox"/>
23	Read Proverbs 4:23 and guard your heart.	<input type="checkbox"/>
24	Do a digital detox for half a day.	<input type="checkbox"/>
25	Help someone learn or grow (teach, share, or explain something).	<input type="checkbox"/>
26	Replace one negative habit with a positive one.	<input type="checkbox"/>
27	Encourage someone online or offline today.	<input type="checkbox"/>
28	Reflect: What has God been teaching you this month?	<input type="checkbox"/>
29	Choose one godly goal for your digital life.	<input type="checkbox"/>
30	Celebrate! Thank God for growth and pray for strength to keep going.	<input type="checkbox"/>

REFLECTION

What challenge was easiest for you? _____

What challenge was hardest? _____

What did you learn about yourself and God? _____

TALK ABOUT IT

Discuss as a family:

- Which challenges had the biggest impact on you?
- What did you learn about your digital habits?
- How can we support each other as we keep growing?
- What next steps will we take as a family?

PARENT ENCOURAGEMENT

Habits are formed one decision at a time. Celebrate progress, offer grace, and keep pointing your teen back to Jesus.



SCRIPTURE TRUTH

"I have hidden your word in my heart that I might not sin against you."

PSALM 119:11 (ESV)



ONE DAY AT A TIME

Small steps lead to lasting faith and strong character.

KEEP GOING

You're not alone—God is with you and so is your family.

FINISH STRONG

Stay focused. Keep seeking truth. God's best is worth it!





Our Family Action Plan

WISDOM TODAY. FAITH FOR TOMORROW.

Every great plan starts with small, faithful steps. As a family, let's choose what we will stop, start, discuss, and remember as we grow in discernment and walk with God together.



ONE THING WE'LL STOP

What digital habit, app, or activity is not helping us grow closer to God?

Why this matters:



ONE THING WE'LL START

What godly habit, app, or activity will help us grow in wisdom?

Why this matters:



ONE CONVERSATION WE'LL HAVE

What important digital topic will we talk about as a family?

Why this matters:



ONE SCRIPTURE WE'LL MEMORIZE

Which Bible verse will we learn and live out together?

Why this matters:



OUR FAMILY COMMITMENT

We commit to pursuing truth, wisdom, and discernment together as a family.



PARENT SIGNATURE

Date: _____



TEEN SIGNATURE

Date: _____



TODAY'S DATE



OUR FAMILY PRAYER

Heavenly Father,

Thank You for Your Word that is truth and for the Holy Spirit who guides us into all wisdom. Help our family to guard our hearts, minds, and eyes. Give us discernment to know what is true, what is good, and what is pleasing to You. Teach us to love You above all else and to use technology in ways that honor You and bless others.

Keep us united, keep us humble, and help us always choose what leads us closer to You.

In Jesus' name, Amen.



KEY TAKEAWAYS



Guard your heart, for everything flows from it.

Proverbs 4:23



Test everything; hold fast to what is good.

1 Thess. 5:21



Do all to the glory of God.

1 Corinthians 10:31



Take every thought captive and make it obedient to Christ.

2 Corinthians 10:5



Walk in wisdom together as a family.

Proverbs 27:17



You don't have to be perfect—just present. Keep leading. Keep loving. Keep pointing your family to Jesus.



KEEP SEEKING TRUTH
God's truth never changes, even when the world does.



KEEP GROWING TOGETHER
Discipleship happens in the everyday moments of life.



KEEP YOUR EYES ON JESUS
He is the Way, the Truth, and the Life.





Continue the Journey Together

DISCERN. DECIDE. DISCIPLE.
FOR HIS GLORY.

Thank you for investing in your family's spiritual growth and digital wisdom. You are raising the next generation of truth-seekers and world-changers!



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GOD'S WORD FOR YOUR FAMILY
"Train up a child in the way he should go; even when he is old he will not depart from it."
PROVERBS 22:6 (ESV)

A FAMILY PRAYER
Lord, thank You for giving us Your Word as our guide. Help us to seek Your wisdom, guard our hearts, and use technology to honor You and love others. Make our home a place of truth, grace, and discipleship. In Jesus' name, Amen.

BE AN EXAMPLE Your walk speaks louder than your words. Lead with love and truth.

BUILD A LEGACY The time you invest in your family's faith today will last for generations.

TRUST GOD He is with you in every step of your parenting and homeschooling journey.