






MY HEART & THE BOOK

A TEACH & PLAY LESSON · BOOK YOU CAN TRUST · PSALM 119:105

"Your word is a lamp to my feet and a light to my path." — Psalm 119:105

The game was loud. This part is just for you. Be honest — no one else reads this.

1. Right now, the Bible feels to me like... *(circle one)*

-  God's voice I can trust — even when culture disagrees
-  One voice among many — TikTok, friends, feelings compete with it
-  Important but boring — I know I *should* read it more

2. One doubt or question I have about Scripture is... *(honesty helps — write "none right now" if that's true)*

3. Where am I tempted to trust something *besides* the Bible? *(check any)*

- Social media Friends' opinions
- My feelings What feels modern or smart

4. This week I want to let the Bible light my path by...

- ▶ Reading one chapter of Mark (or another book a leader suggests)
- ▶ Asking God to help me trust 2 Timothy 3:16 when doubt hits
- ▶ Bringing one hard question to a pastor/leader *with* the Bible open

5. My prayer, in my own words:

"God — You spoke in Scripture. Help me listen, not just scroll past You. Light my next step. I want to build on the Book. Amen."

God spoke. We listen.