



WORTHY OR WASTEFUL?

A TEACH & PLAY LESSON · WATCH WITH WISDOM · PSALM 101:3

"I will not set before my eyes anything that is worthless." — Psalm 101:3

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

1. My screen time lately has mostly been... *(circle one)*

- ✨ WORTHY — uplifting, honest, time well spent
- 😐 NUMB — bingeing without thinking
- 😞 WASTEFUL — lust, violence, crude humor, or hours I'll regret

2. One show, movie, or viewing habit I'd change if Jesus watched my screen:

3. What I watch affects younger siblings or friends like this:

4. This week I will... *(circle)*

- ▶ Stop a show that fails Philippians 4:8 or Psalm 101:3
- ▶ Set a time limit and log off on purpose
- ▶ Ask a parent before starting something I'm unsure about
- ▶ Choose something wholesome to watch with family

5. My prayer, in my own words:

"God — guard my eyes and my hours. Help me enjoy stories without letting sin become entertainment. Give me courage to turn off what pollutes, redeem my time, and lead others toward light — not into a stumble."

Press play on purpose. Watch with wisdom.