

# Watch with Wisdom

For teens ages 12–14 · about 45–60 minutes · Moral Issues for Teens · Media & Technology · game  
**Worthy or Wasteful?** · built on **Philippians 4:8, Proverbs 4:23, and Ephesians 5:16**

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Your students grew up with screens. Movies, streaming shows, YouTube, and TV shape how they imagine life, love, courage, and God. The same biblical wisdom that guards playlists applies here: what you see and hear feeds how you think (Proverbs 23:7; 4:23). Movies and TV are not evil — they can educate, inform, teach Scripture, and provide wholesome rest. The question is stewardship: are you feeding your mind truth or trash, redeeming your time or wasting it, and leading others toward light or causing them to stumble?

## **Before you teach anything, pray.**

Some students will defend every show they binge; others already feel ashamed of what they watch alone. Ask the Spirit for clarity without contempt — courage to turn off, not a lecture that only shames. You are teaching discernment, not banning every screen.

## **The heart of the lesson**

Everything said about music applies to movies and TV. Screens are powerful teachers. They can inspire or pollute, model Christlike character or wrong heroes, and normalize sin as entertainment — bad language, graphic violence, nudity, sexual immorality, crime, hostility toward faith, unrealistic portrayals of life, and more. Philippians 4:8 still filters what deserves your attention. Psalm 101:3 refuses to set before the eyes anything worthless. Do not be fooled by rating labels alone — G, PG, PG-13, and R are industry tools, not Scripture.

*Don't let the screen script your soul — feed your eyes what honors God.*

Symptoms in a 12–14 life: quoting crude lines, craving darker content, defending binge sessions while homework and prayer slide, younger siblings copying what you stream, and imitating celebrities instead of Christ (1 Corinthians 11:1; 1 Peter 2:21). Proverbs 22:1 reminds you that reputation and influence matter — what will others be led to do because of what you watch?

Ephesians 5:16 commands us to redeem the time. Romans 12:2 calls us to refuse the world's mold. Be courageous: change the channel, turn it off, avoid it from the start, control it if necessary.

## *Would you press play if Jesus sat on the couch beside you?*

### PSALM 101:3

**"I will not set before my eyes anything that is worthless."**

### EPHESIANS 5:16

**"Redeem the time, because the days are evil."**

## How the session flows

- 1 Name the screen.** Positive uses and real influence on mind and heart. ~8 min
- 2 Teach worthy vs. wasteful.** Content, ratings, influence, time, courage. ~12 min
- 3 Play the game.** "Worthy or Wasteful?" on screen. ~12–15 min
- 4 Quiet honesty.** Reference card, private reflection. ~5 min
- 5 Worksheet.** In class or take-home practice. ~15 min
- 6 Close with action.** Prayer and one viewing boundary for the week. ~8 min

Screen for the game, printed cards and worksheets, pens. Teach filters students can apply on Netflix, Disney+, YouTube, or whatever platform comes next — not a list of banned titles.

# Leading it, part by part

## Name the screen

Ask: what show or movie have you watched most recently? How did you feel afterward — inspired, empty, convicted, numb? Let them answer without a public confession of every title. Land this: screens teach by story and image. You are responsible for what you feed your mind.

## Teach worthy vs. wasteful

Walk through five filters. **Gift, not guilt:** movies and TV can educate, inform, teach the Bible, and provide wholesome entertainment. **What feeds your mind:** Proverbs 4:23; Phil. 4:8; Ps. 101:3 — guard heart and eyes. **Messages, not just ratings:** sinful themes hide inside "family" labels; violence, lust, rebellion, and wrong heroes still train the heart. **Influence on others:** Prov. 22:1; Matt. 5:13 — your viewing affects siblings and friends; don't cause others to stumble. **Time and courage:** Eph. 5:16; Rom. 12:2 — redeem hours; change the channel, turn off, avoid, control when needed.

Teach hope: students can enjoy stories that honor God, discuss choices with parents, and imitate Christ (1 Pet. 2:21) instead of fictional anti-heroes. Courage to turn off is maturity, not missing out.

## Play the game

Run "Worthy or Wasteful?" twelve to fifteen minutes. Round 1 sorts viewing habits; Round 2 anchors Bible principles; Round 3 tackles peer pressure and family influence; Round 4 drills key verses. Bridge afterward: points are fun; a guarded heart is the win.

## Quiet honesty

Hand out the reference card. Promise plainly that nobody is collecting it. Give five quiet minutes for students to name one show, movie, or habit they would change if Jesus watched their screen — without saying it aloud to the room. Protect the silence.

## Worksheet

Reinforce Philippians 4:8, Proverbs 4:23, Ephesians 5:16, and Psalm 101:3; T/F on ratings and influence; one viewing boundary for the week.

## Close with action

Invite each student to drop one wasteful title from their queue and add one worthy choice — or set a time limit with a parent. Pray for students who feel owned by binge cycles. Offer leaders for students

who want help rebuilding what they watch.

## Take it further

- Why must we guard what enters our minds through movies and TV? (Prov. 4:23)
- What positive uses can movies and TV have?
- What sinful influences often appear in movies and shows?
- How do 1 Peter 2:21 and 1 Corinthians 11:1 apply to who we imitate on screen?
- What does Proverbs 22:1 teach about reputation and influence?
- Why should we wisely manage screen time? (Eph. 5:16)
- What does Romans 12:2 teach about entertainment choices?
- Why be cautious about trusting rating systems alone?
- What should you be courageous enough to do when content dishonors God?
- How does Philippians 4:8 help you choose better entertainment?

## A final word

Teens need better stories than the world streams by default. Give them permission to enjoy film and courage to turn off what pollutes. The goal is not a blank screen — it is eyes that feast on what is true. When they learn worthy vs. wasteful, they can still watch — but the screen won't write their soul.