



# CLEAN OR POLLUTED?

A TEACH & PLAY LESSON · GUARD YOUR PLAYLIST · PROVERBS 4:23

"Keep your heart with all vigilance, for from it flow the springs of life." — Proverbs 4:23

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

## 1. My playlist lately has mostly made me feel... *(circle one)*

- ✨ CLEAN — encouraged, clear, closer to God
- 😐 NUMB — music on without thinking
- 😡 POLLUTED — angry, lustful, hopeless, or rebellious lyrics sticking

## 2. One song, artist, or playlist habit I'd change if Jesus heard my library:

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## 3. Lyrics I sing along to affect my attitude like this:

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

- ▶ Delete or skip songs that fail Philippians 4:8
- ▶ Add worship or wholesome music to my rotation
- ▶ Stop defending polluted tracks as "just music"
- ▶ Ask a parent or leader for help with my playlist

## 5. My prayer, in my own words:

"God — guard my heart through my ears. Help me love music You gave without letting polluted lyrics train my mind. Give me courage to turn off darkness, enjoy what is clean, and encourage friends to honor You with what we play."

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**Press play on purpose. Guard your playlist.**