






FREE OR HOOKED?

A TEACH & PLAY LESSON · PUT THE PHONE DOWN · 1 COR. 6:12

"I will not be dominated by anything." — 1 Corinthians 6:12

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

1. My phone use lately has mostly left me feeling... *(circle one)*

-  FREE — clear, rested, still close to God and people
-  NUMB — scrolling without thinking, hours gone
-  HOOKED — panic without it, ignoring people, guilty after midnight scroll

2. One app, habit, or scroll pattern I'd change if Jesus saw my screen time:

3. Phone use has affected my prayer, Bible time, or sleep like this:

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

- ▶ Set a screen-time limit and stop when it goes off
- ▶ No phone in bed or during Bible/prayer time
- ▶ Turn off non-essential notifications
- ▶ Use my phone to encourage someone or read Scripture
- ▶ Ask a parent for help with boundaries

5. My prayer, in my own words:

"God — my phone is a tool, not my master. I don't want to be hooked. Help me steward my time and guard my eyes. Fill my mind with what is pure, put real people before pixels, and give me courage to put the phone down when You say enough."

Stay free. Don't let the phone own you.