

Put the Phone Down

game: Free or Hooked? · complete in class or at home

Name _____

Date _____

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

1. Fill in the blank: *(Matthew 6:22)*

Jesus says the _____ is the lamp of the body.

2. True or False?

- A) Paul says he will not be mastered by anything — even lawful things like a phone. **T / F**
- B) Hours on the phone have no effect on prayer, Bible study, or sleep. **T / F**

3. Look it up: *(Psalm 101:3)*

What does the psalmist say about what he will set before his eyes?

4. Sort it: *(write FREE or HOOKED)*

- 1) Logging off when your screen-time limit goes off — even mid-scroll
 - 2) Scrolling until 2 a.m. on a school night — again
 - 3) Using a Bible app or sending an encouraging text to a friend
- _____

5. Real life:

You're at dinner and keep checking notifications while someone is talking to you. What does Proverbs 27:17 teach about real relationships?

6. This week:

Name one boundary that will keep your phone from controlling you.
