






SCREEN TRAP

A TEACH & PLAY LESSON · MIND POLLUTION · MATT. 5:28

"Abstain from the passions of the flesh, which wage war against your **soul**." — 1 Peter 2:11

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

1. My eyes and mind lately feel... *(circle one)*

-  GUARDED — I'm fighting to keep them pure
-  TEMPTED — stuff pops up and it's hard to look away
-  STUCK — I've seen things I want to stop but haven't told anyone

2. The lie I hear most is...

- "It's private — nobody gets hurt" "Everybody looks"
- "Just once won't matter" "I can handle it"

3. One fence I could build this week: *(check any)*

- Filter / limit on my device
- Device out of my room at night
- Tell a trusted adult I need accountability

4. Tonight I'm choosing... *(circle)*

- ▶ To flee lust — not feed it (1 Pet. 2:11)
- ▶ To make a covenant with my eyes (Job 31:1)
- ▶ To confess and ask for help if I'm already trapped

5. My prayer, in my own words:

"Jesus — You see my heart and my screen. I don't want mind pollution that wars against my soul. Forgive me where I've failed. Give me courage to flee, fences that help, and a person I can tell. Wash my mind clean. I want purity that honors You and respects people."

Flee the trap. Freedom is possible in Christ.