



SHINE OR STUMBLE?

A TEACH & PLAY LESSON · SCROLL WITH WISDOM · ROMANS 12:2

"Do not be conformed to this world, but be transformed by the renewing of your mind." — Romans 12:2

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

1. My feed lately has mostly made me feel... (circle one)

- ✨ SHINING — encouraged, clear, closer to God
- 😐 NUMB — scrolling without thinking
- 😞 STUMBLING — comparing, lusting, gossiping, or venting ugly

2. One account, habit, or post pattern I'd change if Jesus read my feed:

3. Comparison or likes affect my mood like this:

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

- ▶ Unfollow or mute what fails Philippians 4:8
- ▶ Set a time limit and log off on purpose
- ▶ Post something that encourages or honors God
- ▶ Ask a parent for help with boundaries

5. My prayer, in my own words:

"God — don't let the feed form me. Renew my mind. Help me shine online with truth and kindness, walk away from comparison and garbage, and use my thumbs for Your glory — not my ego."

Shine on purpose. Don't let the feed own you.