



*Seen,
Not
Scrolling*

Sarah A. Wilkins

Table of Contents

Chapter 1: The Reset, Why Scrolling Makes Your Soul Tired	3
Chapter 2: God Really Sees You: Hagar and El Roi.....	8
Chapter 3: Comparison Poison: Leah Living Next to the “Favorite”	13
Chapter 4: Attention is Worship, What Catches Your Eyes	17
Chapter 5, Silence Is Not Rejection: Praying When You Feel Nothing	21
Chapter 6: Performance Faith, Martha, Mary, and Permission to Stop.....	26
Chapter 7: Shame and Restoration: Jesus Lifts You Up, Not Your Feed.....	31
Chapter 8: Your Body Is Not a Project: Dignity Without Filters.....	36
Chapter 9: Friendships That Build You: Ruth and Loyal Love	41
Chapter 10: Boundaries Without Guilt, Choosing Holy Calm	46
Chapter 10: Relapse Is Not the End: How to Return When You Slip.....	51
Chapter 11: Living Seen: Your Rhythm for the Next 90 Days	56

Chapter 1: The Reset, Why Scrolling Makes Your Soul Tired

It is late, but not “late late,” so you tell yourself it is fine. You are in bed, phone on low brightness, one eye half closed. You open the app to check one thing. One video turns into five. Then a friend’s story pops up, and you tap because you do not want to miss anything. Your chest feels a little tight, like you are behind, even though you are lying still. You see a girl with perfect hair, then a couple laughing, then a “day in my life” that looks like a movie. You set your phone down and pick it up again without thinking. Finally you look at the time: 1:13 a.m. You whisper, “What is wrong with me?” and the room feels quiet in a way that is not peaceful.

Bible Story Anchor

In the Bible, there is a young woman named Hagar who knows what it feels like to be unseen. She is not the one with power. She is not the one with the “right” name in the room. She is used, pushed, and then left alone in a desert situation that feels like the end. In Genesis 16, Hagar runs away, carrying pain and fear, and she ends up in a place where she thinks nobody is looking for her. But God is already there. The angel of the LORD finds her and speaks to her, not because she earned it, but because God sees people who feel invisible (Genesis 16:7–13, KJV). Hagar responds with a name for God that hits hard when you feel forgotten: “Thou God seest me” (Genesis 16:13, KJV). Later, in Genesis 21, she is again in a crisis, and again God hears and provides (Genesis 21:14–19, KJV).

That is the anchor for this whole book. The feed trains you to chase being noticed. God trains you to rest in being seen. Scripture keeps repeating this truth: the LORD “looketh on the heart” (1 Samuel 16:7, KJV), and His eyes are not shallow, random, or distracted. He is not scrolling past you.

Scroll Trap

The scroll trap is not just “social media is bad.” The trap is the lie underneath it: “If I am not seen, I do not matter.” So you scroll to feel connected, but you end up comparing. You scroll to calm down, but your brain stays alert. You scroll to avoid pain, but you carry it to bed with you. Then you feel guilty, and guilt makes you want comfort, so you scroll again. That loop is exhausting because it asks your heart to live on tiny hits of attention and approval.

Another part of the trap is speed. The feed moves fast, and it teaches your soul to move fast too. You start to believe that if you stop, you will miss your chance, miss your friends, miss your place. But your spirit was not built for constant input. You were built for love, truth, and steady presence.

Truth That Holds

Here is the truth that holds when your attention feels shattered: your worth is not up for voting. God does not measure you with popularity, beauty trends, or a highlight reel. You are valuable because you are made by Him, known by Him, and invited to walk with Him. The Bible says, “I am fearfully and wonderfully made” (Psalm 139:14, KJV). That is not a confidence trick, it is a Creator statement.

Scrolling often turns your heart into a courtroom, where your life is always on trial. God offers something different: a Father who knows what you need and is not shocked by your weakness. Jesus says, “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28, KJV). Rest is not laziness, it is trust.

This chapter is your reset: attention is spiritual. What you look at shapes what you love. “Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:23, KJV). You are not trying to become a perfect girl. You are learning how to return, again and again, to the God who sees you.

Definition Box

Definition Box: Attention

Attention is what you aim your mind and heart toward. It is not only focus in class, it is the direction of your inner life. Whatever gets your attention tends to shape your thoughts, your emotions, and your desires. That is why attention matters spiritually. If your attention is constantly pulled by comparison and noise, your peace gets thinner. If your attention is guided by truth and God’s presence, your mind becomes steadier over time.

Real Life Examples

- You open TikTok “for five minutes” after homework, then you feel behind in life because everyone looks happier, prettier, and more confident than you.
- You post a picture and keep checking the likes, not because you are vain, but because you want proof that you belong, then you crash when the numbers are not what you hoped.
- You lie in bed replaying awkward moments from the day, and scrolling feels like a blanket, but afterward you feel more restless, and you wake up tired and irritated.

Practice

Practice: The 3-3-1 Reset (do this for 7 days)

1. 3 minutes of stillness. Put your phone face down. Breathe slowly. If your mind races, do not fight it, just notice it.
2. 3 sentences of truth. Write them, say them, or whisper them.
 - a. God sees me. (Genesis 16:13, KJV)
 - b. I am not measured by a feed.
 - c. I can return to peace right now.
3. 1 small step. Choose one:
 - a. First Look Rule: no phone for the first 10 minutes after you wake up.
 - b. Night Close: phone charges across the room, not in your hand.
 - c. Feed Clean: unfollow one account that makes you feel less-than.
 - d. Keep it small, steady, and real.

Questions

Quick

- What time do you usually stop scrolling at night?
- What is one emotion you feel after you scroll too long?
- What is one moment today when you felt unseen?

Deeper

- When you chase being noticed, what are you hoping it will fix?
- What kind of posts trigger comparison for you, and why?
- What would change if you truly believed, “Thou God seest me”?

Group Discussion

- How do you tell the difference between connection and distraction?
- What makes it hard to set boundaries on your phone?
- What is one kind way a friend could help you reset your attention?

Memory Verse

“Come unto me, all ye that labour and are heavy laden, and I will give you rest.” Matthew 11:28 (KJV)

Talk About It

If you have a trusted adult, this is a good first conversation: not about rules, but about what your heart feels like online. You can say, “I feel tired and I do not know how to stop,” or, “I keep comparing and it messes with my mood.” Ask them to listen first, not fix it fast. If you feel safe, share one specific trigger, like a certain time of night, a certain app, or a certain kind of content that spirals you.

If scrolling is connected to anxiety, sadness, or sleep problems, say that clearly. You are not being dramatic, you are being honest. A wise adult can help you make a simple plan, like charging your phone outside your room, setting a bedtime routine, or checking in with you for a week. You deserve support, not shame.

Optional Parent Notes

Conversation points

- Ask curiosity questions: “When do you feel best online, and when do you feel worst?”
- Name the real goal: peace, sleep, and identity, not control or punishment.
- Offer partnership: “Let’s try a one-week experiment together,” like phones charging in the kitchen.

Pitfall to avoid

Do not use sarcasm or fear. Statements like “Social media is ruining your generation” usually shut a teen down. Keep the focus on fruit. Is she more joyful, more steady, more rested, more present? Help her notice patterns without making her feel watched.

Why it matters this week

This week matters because your attention is the doorway to your peace. If you do not practice returning, the feed will train you to live in hurry, comparison, and low-grade anxiety. But when you build a reset rhythm, you learn something powerful: you can be triggered and still come back, you can be tired and still choose rest, you can feel unseen and still stand on truth. That is not weak, that is mature. You are not trying to “quit your phone” in one day. You are learning to live seen by God in a world that sells attention.

One concrete action

Choose the 3-3-1 Reset tonight.

- Set a timer for 3 minutes and place your phone face down.
- Write your 3 truth sentences and pick 1 small step for tomorrow morning.

Closing Prayer

Lord, I feel tired in ways I cannot always explain. My mind runs, my heart compares, and I forget that Thou art near. Please reset me. Help me to believe that Thou seest me, even when I feel invisible. Teach me to come unto Thee for rest, not to my feed for comfort. Give me wisdom for small choices, and strength to return when I slip. In Jesus' name, Amen.

Chapter 2: God Really Sees You: Hagar and El Roi

You post a picture you almost did not post. You check it once, then twice, then again. A couple hearts show up, but not from the people you secretly hoped would notice. Your stomach does that drop thing anyway. In the group chat, everyone is laughing about something you were not there for. At school the next morning, you are in the hallway with your backpack on, and you feel invisible in a crowd that is loud. You smile like you are fine, because it is easier than explaining that you feel small. You keep thinking, If they do not see me, do I even matter. So you scroll harder, refresh faster, and try to make yourself more noticeable. But the more you chase being seen, the more you feel unseen.

Bible Story Anchor

Hagar knew what it felt like to be treated like a side character in someone else's story. She was a servant in Abram and Sarai's household. Sarai could not have a child, and she decided to "fix" the promise her own way, so she gave Hagar to Abram. Hagar became pregnant, and everything got messier. Sarai dealt harshly with her, and Hagar ran away into the wilderness, alone and vulnerable. That is where God met her, not in the main tent, not in the spotlight, but out in the dry place where you feel forgotten.

The angel of the LORD spoke to her and called her by name. He asked where she came from and where she was going, because God does not treat her pain like a footnote. He also made a promise about her son, Ishmael, and told her God had heard her affliction. Hagar responded with a name for God that still hits hard today: "Thou God seest me" (Genesis 16:13, KJV). Later, when Hagar and Ishmael were sent away, she thought it was over. She wept, and God heard the voice of the lad, and opened her eyes to see water nearby (Genesis 21:17-19, KJV). God saw, God heard, God provided. If you have ever felt pushed out, this story says you are not outside God's notice.

Scroll Trap

The scroll trap sounds like this: "No one sees me, so I must prove myself." It turns being noticed into a survival plan. If your post gets ignored, you feel ignored. If someone leaves you on read, you feel worthless. If your friends do not invite you, you decide you are forgettable. So you start performing. You curate, you edit, you agree too fast, you laugh too loud, you keep the peace even when you are hurt. Online, you chase the right angles and the right captions. Offline, you chase the right people. The trap is not only that it is exhausting, it is that it quietly teaches you to measure your value by other people's attention. And attention is unstable. It is a shaky floor for your soul.

Truth That Holds

Here is the truth that holds when everything else feels wobbly: God's gaze is not a spotlight, it is a steady love. When Hagar was unseen by the people who had power over her, God still called her by name and met her in the wilderness (Genesis 16:7–9, KJV). That tells you something about His character. He is not only the God of the “main story,” He is the God of the girl who is tired, lonely, and trying to survive.

This does not mean every situation becomes easy. Hagar still had to walk through hard days. But it means your worth is not decided by your popularity, your prettiness, your relationship status, or your ability to seem fine. Your worth comes from the One who made you and keeps you. Scripture says, “For the LORD seeth not as man seeth” (1 Samuel 16:7, KJV). People look at the outside and make quick rankings. God looks deeper and loves with truth. It also says, “The eyes of the LORD are upon the righteous, and his ears are open unto their cry” (Psalm 34:15, KJV). Seen and heard, not because you earned it, but because He is faithful.

Definition Box

Definition Box: El Roi

El Roi is the name Hagar gave to God after He met her in the wilderness. It means “the God who sees me.” In Genesis 16:13 (KJV), Hagar says, “Thou God seest me.” El Roi is not a cute label. It is a lifeline. It means God's attention is personal, not random. He sees your real life, not your highlight reel, and His seeing is connected to care.

Real Life Examples

- You walk into the cafeteria and your friend group is already sitting with new people. Nobody saves you a spot. You act chill, but you spend lunch feeling like you are watching life through glass.
- You post something you actually liked, then you delete it because it did not “do well.” You tell yourself it was dumb anyway, but the real reason is you feel embarrassed for wanting to be noticed.
- You keep saying yes to plans, rides, favors, and emotional dumping, because you think if you say no they will leave. You become the “reliable” girl, but you feel invisible as a person.

Practice

Practice: The Seen List

This week, you are going to train your brain to recognize God's steady care, even in small moments.

1. Take one page in a notebook and title it "Seen."
2. Write today's date and list 10 moments when you were carried, protected, helped, or strengthened. Keep it honest and simple. Examples: a teacher explained it again, a friend checked in, you made it through a hard hour, you found the words you needed, you got home safe.
3. Next to each moment, write one short sentence: "God saw me here."
4. Read Genesis 16:13 (KJV) out loud once a day for seven days.
5. If you feel invisible, do not scroll first. Read your list first, then decide what you need.

Questions

Quick

- When do you feel most unseen, online or offline?
- What is one way you try to prove yourself when you feel insecure?
- What sentence from Hagar's story hit you the hardest?

Deeper

- What do you fear would happen if you stopped performing for approval?
- Where have you confused attention with love?
- What would change if you believed God sees you before you do anything?

Group Discussion

- How does social media train us to measure worth?
- What is the difference between being "seen" by people and being seen by God?
- What is one practical way friends can help each other step out of the scroll trap?

Memory Verse (1 vers, KJV, kort, met referentie)

"Thou God seest me." Genesis 16:13 (KJV)

Talk About It

Pick one trusted adult, a parent, mentor, youth leader, aunt, or counselor, and tell them you are working on feeling “seen” in a healthier way. You do not have to share everything at once. Start with one sentence: “I have been feeling invisible lately.” Then tell them one place it shows up, school, friends, or online. Ask them to help you name what is normal teen pressure, and what is deeper hurt. If there has been bullying, exclusion, or anything that feels unsafe, say that clearly. You deserve support. You can also ask them a simple question: “Can you help me notice where God has been carrying me?” If they respond with quick fixes, ask for listening first. A good adult can help you turn down the volume of the feed and turn up the truth.

Optional Parent Notes

Conversation starters

- “When do you feel most pressure to look like you are okay?”
- “Who makes you feel safe to be real, and why?”
- “What is one boundary that would protect your peace this week?”

Pitfall to avoid

Do not dismiss her with, “Just get off your phone.” She may already know that, and still feel lonely. Instead, validate the emotion, then guide the choice. Try, “I can see this hurts. Let’s talk about what happened, then we can make a plan for your phone that supports you, not shames you.” If exclusion is involved, take it seriously. Help her build wise friendships, not just thicker skin.

Why it matters this week

When you feel unseen, you will reach for something to fill the gap. For a lot of girls, that “something” is the feed, the refresh, the constant checking, and the constant adjusting. Hagar’s story interrupts that cycle. God met her in the wilderness, not after she became impressive. That means you can come to Him in the messy middle, not only on your best day. This week matters because your attention will go somewhere. If you practice being seen by God first, you will stop begging the internet to tell you who you are.

One concrete action

Write your Seen List before you scroll today.

- Set a timer for 3 minutes, write five “God saw me here” moments, even if they feel small.
- Read Genesis 16:13 (KJV) once, then choose your next step on purpose, not on impulse.

Closing Prayer

Lord, I am tired of chasing being noticed. I confess that I have tried to prove my worth with people’s attention. Thank you for seeing me like You saw Hagar, even in the wilderness. Help me believe that Your eyes are on me with care, not criticism. Teach me to run to You before I run to the feed. Open my eyes to the water You provide, and give me peace that does not depend on likes. In Jesus’ name, amen.

Chapter 3: Comparison Poison: Leah Living Next to the “Favorite”

You open the front camera “just to check.” Then you swipe to a friend’s story. Perfect lighting, perfect angle, perfect caption. Your chest tightens, like you just got ranked without agreeing to compete. In the hallway you laugh with your friends, but inside you keep tallying, who is prettier, who is funnier, who is more wanted. You post something, refresh, and the numbers start talking. A like feels like relief, silence feels like rejection. By bedtime your mind is still comparing, even when your eyes are tired.

Bible Story Anchor

Leah knows what it feels like to live beside the “favorite.” Jacob loves Rachel, and Leah feels unwanted. Scripture says, “And when the LORD saw that Leah was hated, he opened her womb” (Genesis 29:31, KJV). Notice the first move, God sees. Leah names her sons with the ache of wanting love. “Surely the LORD hath looked upon my affliction” (Genesis 29:32, KJV). She keeps hoping Jacob will finally attach his heart to her. Then her fourth son is born, and her words shift: “Now will I praise the LORD” (Genesis 29:35, KJV). Her life is still messy, but her gaze turns from chasing a man’s approval to honoring God. In Genesis 30 the rivalry continues, yet God keeps working in the middle of complicated people. Leah’s story is proof that being overlooked by people does not make you overlooked by God.

Scroll Trap

The scroll trap says your worth is a ranking. If she is the favorite, I must be the backup. If she is prettier, I must be ugly. If she is chosen, I must be invisible. Comparison makes friends feel like opponents and turns your own body and personality into a project that never gets an A. It trains you to chase approval, post to prove you matter, perform to feel safe. Comparison is cruel because it never says, enough.

Truth That Holds

God does not love by scarcity. He does not run out of attention, affection, or patience. He saw Leah (Genesis 29:31, KJV), and He sees you. People often judge the outside first, but “the LORD looketh on the heart” (1 Samuel 16:7, KJV). In Christ, your identity is received, not achieved: “For ye are all the children of God by faith in Christ Jesus” (Galatians 3:26, KJV). You do not have to outshine someone to be secure. When comparison crowns someone else as “the favorite,” return to this truth, God’s gaze is steady, personal, and not earned by popularity.

Definition Box

Comparison

Comparison is measuring your value by stacking yourself against someone else. It turns people into scoreboards, steals joy, and feeds either envy or self-hate. In the Bible it connects to coveting, wanting what God gave someone else instead of trusting what He is doing in you.

Real Life Examples

- You see a girl get praised for her looks, and you decide your body is a problem, not a gift.
- Your friend gets invited, you do not, and you replay every moment, convinced you are “less than.”
- You make one mistake, and your mind says, She would never do that, so you spiral.

Practice

24 Hours: No Comparison Talk

1. Catch ranking words for one day, about others or about you.
2. Replace with blessing: “Lord, thank You for what You gave her. Help me receive what You give me.”
3. Write one honest gratitude about you: “God, thank You that You made me with...” Fill it with something real.
4. Mute or unfollow one account that reliably triggers comparison.
5. End with praise: read Genesis 29:35 (KJV) and write one sentence of praise.

Questions

Quick

- Where do you compare most, looks, popularity, grades, or relationships?
- What is one phrase your mind repeats when you feel “less than”?
- What is one trigger account or habit you could mute?

Deeper

- What are you trying to earn through comparison, love, safety, control, or approval?
- Leah praised before life was simple. What would praise look like for you today?
- How does 1 Samuel 16:7 (KJV) challenge what you focus on?

Group Discussion

- Why does comparison feel normal, even when it hurts?
- How can friends celebrate each other without secretly competing?
- What boundaries make a group kinder and safer?

Memory Verse

“Man looketh on the outward appearance, but the LORD looketh on the heart.” 1 Samuel 16:7 (KJV)

Talk About It

Tell a parent, mentor, or trusted adult one place comparison steals your peace. Start small: “I keep measuring myself, and it is making me tired.” Ask them to help you name what is true about you, not what is trending. If comparison connects to food, body image, self-harm thoughts, or constant anxiety, say that clearly and ask for help. Needing support is not weakness, it is wisdom.

Optional Parent Notes

Conversation points:

- Ask where she feels ranked, school, sports, friends, church, or online.
- Share one comparison struggle and one healthy step you take.
- Repeat that God’s gaze is not earned.

Pitfall to avoid:

Do not rush to fix. Listen first, then offer one practical boundary.

Why it matters this week

Comparison shapes choices. It pushes girls toward people-pleasing, risky attention seeking, and constant self-criticism. Leah’s story offers a different reflex: she is seen by God, and she learns to praise Him while life is still complicated. This week you are practicing a return, from measuring to trusting.

One concrete action

Practice the 24-hour no comparison talk challenge today.

- Write your replacement blessing sentence in your notes app, then use it when ranking thoughts hit.
- Mute one comparison-trigger account for seven days, then notice what changes in your mood.

Closing Prayer

Lord, You see me when I feel overlooked. Forgive me for turning people into scoreboards and myself into a project. Teach me to bless others without shrinking inside. Help me praise You like Leah did, not because everything is fixed, but because You are faithful. Guard my mind when I scroll, and lead me into peace. In Jesus' name, amen.

Chapter 4: Attention is Worship, What Catches Your Eyes

You open your phone for “one quick thing.” A notification pops up, then another. A friend’s story, then a celebrity clip, then a girl from school who somehow looks perfect in every photo. You are not even jealous exactly, you are just tense. You keep scrolling anyway, like your thumb has its own brain. Ten minutes becomes forty. Your chest feels busy. Your mind feels loud. You close the app, then reopen it without thinking, because silence feels awkward. You tell yourself you are “just relaxing,” but you do not feel rested. You feel scattered, like your attention got chopped into tiny pieces and left all over the place.

Bible Story Anchor

Peter had watched Jesus do the impossible, and he still asked for more. When he saw Jesus walking on the sea, he said, “Lord, if it be thou, bid me come unto thee on the water” (Matthew 14:28, KJV). Jesus answered with one word, “Come” (Matthew 14:29, KJV). Peter stepped out, and for a moment he did what should not be possible. The focus of his heart was not on the waves, it was on the voice that called him. Then something shifted. “But when he saw the wind boisterous, he was afraid; and beginning to sink” (Matthew 14:30, KJV). Notice what changed, Jesus did not move. The water did not suddenly become more water. Peter’s attention moved. His eyes went from Christ to chaos. Immediately, Jesus caught him (Matthew 14:31, KJV). The story is not about Peter being dumb. It is about how quickly fear grows when your attention is pulled away from the One who holds you.

Scroll Trap

The scroll trap is not only “too much screen time.” It is the quiet belief that your attention belongs to anything that demands it. The feed trains you to react, compare, and consume, then it calls that “normal.” The lie sounds like this: “I have to keep up, or I’ll miss something.” Another version: “If I can control what people see, I can control how safe I feel.” And the deepest one: “If I look at enough things, I will finally feel full.” But attention does not just watch, it worships. Whatever you stare at most often starts shaping what you love, what you fear, and what you think you need.

Truth That Holds

God made your heart to be directed, not dragged. Scripture is honest that your eyes and thoughts steer your life. “Keep thy heart with all diligence; for out of it are the issues of

life” (Proverbs 4:23, KJV). Jesus said, “Where your treasure is, there will your heart be also” (Matthew 6:21, KJV). Treasure is not only money, it is what you keep returning to for comfort, excitement, and identity. When your attention is constantly pulled, your inner life feels constantly pulled. But God does not ask you to live like a scared squirrel, always scanning. He calls you to a steadier focus: “Set your affection on things above, not on things on the earth” (Colossians 3:2, KJV). This is not a command to ignore real life. It is an invitation to anchor your soul. Attention is a doorway. What you keep looking at will eventually feel like it matters most. God wants to matter most, not because He is insecure, but because He is true, and He is safe.

Definition Box

Definition Box: Attention as Worship

Worship is not only singing. Worship is what you treat as weighty, what you revolve around, what you run to when you feel stressed or empty. Attention is one of the strongest ways worship happens. Whatever gets your first look, your longest look, and your secret look begins to set your emotional temperature. Attention does not stay neutral. It shapes desire, fear, peace, and identity over time.

Real Life Examples

- You tell yourself you are “just checking messages,” but you end up reading comments on a post that makes you feel smaller, then you carry that feeling into the rest of your day.
- You watch short videos to calm down after homework, but your mind gets louder, so you keep watching, and then you feel guilty for wasting time, so you scroll more to escape the guilt.
- You post something and refresh to see who liked it. Your mood rises and falls with the numbers, even if you pretend you do not care, and you start editing your real self to match what “works.”

Practice

Practice: The First Look Rule

1. For the next 7 days, do not touch your phone for the first 10 minutes after you wake up.
2. Sit up, put both feet on the floor, and take three slow breaths.
3. Say one truth sentence out loud: “Lord, thou art near” (adapted from Psalm 145:18, reference Psalm 145:18, KJV).

4. Read one short passage, even if it is tiny. Use Matthew 6:21–22, or Proverbs 4:23. Do not rush.
5. Ask one honest question: “What am I looking for today, comfort, approval, control, or You?”
6. Write one line in your notes app later, not now: “I felt most tempted to scroll when _____.”

Questions

Quick

- What app takes your attention the fastest?
- What emotion usually comes right before you scroll?
- What is one moment today when you felt scattered?

Deeper

- What do you think you are hoping the feed will give you?
- When you compare, what are you afraid it means about you?
- What would it look like to trust God with being unseen sometimes?

Group Discussion

- How do we tell the difference between rest and escape?
- What boundaries feel loving, not punishing?
- How can friends help each other “return” without judging?

Memory Verse

“The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.” Matthew 6:22 (KJV)

Talk About It

Pick one trusted adult, a parent, youth leader, older sister, or mentor. Tell them one specific thing, not your whole life story. You can say, “I think my phone is shaping how I feel about myself, and I want help setting one boundary.” Ask them to help you choose a simple plan, like charging your phone outside your room, or doing the First Look Rule with you. If you are dealing with anxiety, sadness, or panic that feels heavy, say that clearly. You are not weak for needing support. You are wise for bringing it into the light. Let them pray with you using one verse, not a long speech.

Optional Parent Notes

Conversation points

- Ask what your teen is chasing online, comfort, belonging, approval, distraction.
- Share your own attention struggles honestly, without making it about you.
- Build one small boundary together, then celebrate effort, not perfection.

Pitfall to avoid

Do not turn this into a lecture about “kids these days.” Curiosity works better than criticism. Also avoid taking the phone as punishment for emotions. Aim for coaching: helping her notice patterns, name feelings, and choose a calmer rhythm.

Why it matters this week

Attention is not a small thing, it is the steering wheel of your inner life. If your attention is constantly grabbed, your peace will feel constantly interrupted. This week is about noticing what has been discipling you without your permission. The point is not to become a tech expert or to prove you have self control. The point is to return your gaze to Christ, because He is the only One who can hold your identity steady when everything else shifts. A focused heart is not a perfect heart, it is a returning heart.

One concrete action

Start the First Look Rule tomorrow morning.

- Set your phone across the room before you sleep.
- Put a Bible or printed verse where your hand will reach first.

Closing Prayer

Lord Jesus, my mind gets pulled in a hundred directions, and I feel it in my peace. Teach me to look to thee first, not to my feed. When I feel the wind boisterous, help me remember thy voice. Give me courage to set gentle boundaries, and grace when I mess up. Make my heart steady, my eyes single, and my love centered on thee. Amen.

Chapter 5, Silence Is Not Rejection: Praying When You Feel Nothing

You open your phone to check one thing. Three minutes turns into forty. A friend's post looks perfect. Someone else is laughing at a table you were not invited to. Your chest feels tight, but you keep scrolling like it might fix the feeling. When you finally put the phone down, it is quiet, but not the good kind. You whisper, "God?" and nothing happens. No warmth. No sudden peace. Just your own thoughts, loud and messy. You try again, "Please help," and it still feels like the ceiling is made of concrete. Then the shame shows up: Maybe I do not believe enough. Maybe I did something wrong. Maybe God is tired of me. You stare at the dark and think, If silence means rejection, I am in trouble.

Bible Story Anchor

Hannah knew what it was to feel empty and misunderstood. In 1 Samuel 1, she carried a grief she could not solve, and people around her did not make it easier. She was provoked, judged, and reduced to her pain. Even her husband, trying to comfort her, did not truly touch the ache. So Hannah went to the house of the LORD. She did not come with a pretty speech. She came with a broken heart and an honest mouth.

The Bible says, "She was in bitterness of soul, and prayed unto the LORD, and wept sore" (1 Samuel 1:10, KJV). That is not polished faith, it is real faith. Then it gets even more human. "Now Hannah, she spake in her heart; only her lips moved, but her voice was not heard" (1 Samuel 1:13, KJV). Eli the priest misread her and accused her. Hannah did not clap back with sarcasm. She explained the truth: "I have poured out my soul before the LORD" (1 Samuel 1:15, KJV).

God's answer was not an instant fireworks moment. Hannah went back, ate, and her face was no more sad (1 Samuel 1:18, KJV). The story shows something powerful: silence is not the same as absence, and being misunderstood by people is not the same as being rejected by God.

Scroll Trap

The scroll trap here is the lie: "If I feel nothing, God is gone." Social media trains your brain to expect quick feedback. You post, you get likes. You text, you get dots and replies. Even bad attention is still attention. Then you bring that same expectation into prayer, and when there is no instant feeling, you panic.

Silence becomes proof in your mind. Proof that you are doing it wrong. Proof that you are alone. Proof that God is disappointed. So you try harder, you perform, you repeat words you think a “good Christian girl” would say, and it still feels empty. Then you quit. Or you keep scrolling to numb the ache. The trap is not silence itself. The trap is turning silence into a verdict about your worth.

Truth That Holds

Here is the truth: faith is not the same thing as feelings. Feelings are real, but they are not always reliable. God’s nearness is rooted in His character, not your emotional temperature. The Lord says, “I will never leave thee, nor forsake thee” (Hebrews 13:5, KJV). That promise does not come with a mood requirement.

God also invites honest prayer, not perfect prayer. Hannah poured out her soul, and God did not shame her for it. Scripture even shows that groaning prayers count. “Likewise the Spirit also helpeth our infirmities... the Spirit itself maketh intercession for us with groanings which cannot be uttered” (Romans 8:26, KJV). When words fail, you are not failing.

Silence can mean many things: you are tired, you are overstimulated, you are grieving, you are healing, you are learning to trust without a dopamine hit. God can work quietly. Seeds grow in the dark. “Be still, and know that I am God” (Psalm 46:10, KJV). Stillness is not punishment, it is training.

Definition Box

Definition Box: Spiritual Dryness

Spiritual dryness is a season when prayer and Scripture feel flat, confusing, or distant. It does not automatically mean you are backsliding or rejected. It can come from stress, grief, anxiety, overthinking, sin, exhaustion, or simply growing up spiritually. Dryness is not a test you pass by pretending. It is a place where you practice honesty, small obedience, and trust in God’s promises.

Real Life Examples

- You sit in youth group and everyone seems excited during worship. You sing, but your heart feels numb. You assume you are fake, so you stop showing up.
- You try to read the Bible before school. Your mind keeps replaying a comment someone made about your body. You feel guilty for being distracted, so you close the Bible and grab your phone.

- You did something you regret, maybe a relationship choice, a lie, or crossing a boundary. You pray, but shame is louder than hope. Because you do not feel forgiven, you conclude you are not forgiven, and you hide.

Practice

Practice: The Five Sentence Prayer

Do this once a day for seven days, even if you feel nothing.

1. Name your real feeling in one sentence. “Lord, I feel numb,” or “Lord, I feel scared.”
2. Tell God one honest thought. “I keep thinking You are far away.”
3. Ask for one specific help. “Help me trust You today,” or “Help me speak kindly to myself.”
4. Choose one small obedience. “I will read five verses,” or “I will put my phone down for ten minutes.”
5. End with one truth from Scripture. “Thou art near” (Psalm 34:18, KJV), or “I will never leave thee” (Hebrews 13:5, KJV).

Keep it simple. The goal is connection, not performance.

Questions

Quick

- When do you notice the silence most, late at night, before school, or after scrolling?
- What do you usually do next, pray, panic, distract, or shut down?
- What is one feeling you are afraid to tell God?

Deeper

- Where did you learn the idea that “real faith” always feels strong?
- What would change if you believed Hebrews 13:5 (KJV) even on numb days?
- What is one small obedience that feels possible in a dry season?

Group Discussion

- How can we support a friend who feels spiritually dry without giving shallow advice?
- What is the difference between conviction and shame, and how can you tell?
- What is one phone habit that makes silence harder for you, and one habit that could help?

Memory Verse

“The LORD is nigh unto them that are of a broken heart.” Psalm 34:18 (KJV)

Talk About It

Pick one trusted adult, a parent, youth leader, aunt, coach, or mentor, and tell them this sentence: “I feel spiritually dry, and I do not know what to do with God’s silence.” Then add one detail: when it happens and what you do next. Ask them to help you with one simple plan for two weeks, not a huge overhaul. You can say, “Can you check in with me twice a week?” or “Can we pray one short prayer together on Sundays?” If your silence is connected to anxiety, panic, depression, or self harm thoughts, tell them clearly. You do not have to carry that alone. Asking for help is not weakness, it is wisdom.

Optional Parent Notes

Conversation starter

- “When does prayer feel hardest for you, and what do you think that means?”
- Validate without fixing: “That sounds heavy. I am glad you told me.” Then ask, “What kind of support feels helpful?”
- Create a small rhythm: offer a five minute weekly check in, and a shared Scripture, like Psalm 34:18 (KJV).

Pitfall to avoid

Do not accuse her of laziness or tell her to “just pray more.” That can turn silence into shame. Instead, model calm faith, steady love, and patience. If mental health symptoms are strong or persistent, encourage professional support without framing it as a lack of faith.

Why it matters this week

If you believe silence equals rejection, you will run from God exactly when you need Him most. You will treat prayer like a scoreboard, and you will judge your faith by your feelings. But Hannah shows a better way. She came honest, stayed humble, and kept showing up. Dry seasons teach you how to lean on promises, not vibes. They also teach you how to stop using your phone as a painkiller. This week matters because it trains your heart to stay present. God often builds deep roots in quiet soil, and those roots will hold you when life gets loud.

One concrete action

Write your Five Sentence Prayer tonight, then pray it out loud once.

- Set a five minute timer and put your phone in another room.
- Read Psalm 34:18 (KJV) after you pray, then stop and breathe for thirty seconds.

Closing Prayer

Lord, I am coming to Thee like Hannah did, not polished, but honest. When I feel nothing, help me not to assume I am rejected. Teach me to trust Thy promises more than my mood. Calm my mind when it spirals, and give me courage to ask a trusted adult for help when I need it. Let Thy Word be my anchor, and let Thy presence be near to my broken heart. In Jesus' name, Amen.

Chapter 6: Performance Faith, Martha, Mary, and Permission to Stop

You get home, drop your backpack, and your phone buzzes before you even breathe. A group chat is blowing up, a teacher posted a surprise assignment, your friend is low-key upset, and you still have practice tomorrow. You tell yourself you will rest after you “handle a few things.” So you open five tabs, answer three texts, scroll for “a minute,” and start rewriting your notes like your future depends on font choice. Somewhere in the middle of it, you remember you wanted to pray tonight. You try, but your brain is still sprinting. You wonder, Why does my faith feel like another task? And then a quiet fear shows up: If I stop performing, will God be disappointed too?

Bible Story Anchor

In Luke 10, Jesus comes to the house of two sisters, Martha and Mary. Martha does what many of us would do. She hosts. She serves. She tries to make everything right. The house matters, the food matters, the vibe matters. It is not fake, it is love expressed through effort. But the effort starts to press her from the inside. She becomes “cumbered about much serving” (Luke 10:40, KJV). That word feels like being tangled, like your heart is wrapped up in a thousand little obligations.

Mary chooses something different. She “sat at Jesus’ feet, and heard his word” (Luke 10:39, KJV). Martha finally speaks up, not softly, not subtly. She asks Jesus to tell Mary to help. She is not only tired, she feels alone in her responsibility. Jesus answers with gentleness and clarity: “Martha, Martha, thou art careful and troubled about many things” (Luke 10:41, KJV). He does not shame her work. He names her anxiety. Then He points to what matters most: “but one thing is needful: and Mary hath chosen that good part” (Luke 10:42, KJV).

This story is not about hating productivity. It is about refusing to turn closeness with Jesus into something you earn.

Scroll Trap

The scroll trap here is not only social media, it is the mindset behind it: “I have to prove I am enough.” It sounds like, If I keep up, I will be safe. If I am impressive, I will be loved. If I serve perfectly, I will be valued. Your feed trains this because it rewards performance, polish, and constant output. Even “good” content can feed the pressure. You start to believe rest is laziness, quiet is wasted time, and being unseen is losing.

So you treat faith like a scoreboard. You compare prayers, knowledge, “spiritual vibes,” and you feel behind. When you cannot keep up, you either push harder like Martha, or you shut down and disappear. Either way, you miss Jesus, not because He left, but because you are too busy trying to deserve Him.

Truth That Holds

Here is the doctrine in normal words: God’s love is not a paycheck. It is a gift. You do not work to become worthy of Jesus’ presence. You come because you need Him. Martha’s serving was not the problem, the problem was that her serving became her anchor. When your identity hangs on doing everything right, you become “careful and troubled about many things” (Luke 10:41, KJV).

The gospel says something steadier. Jesus invites the weary, not the flawless: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28, KJV). Rest is not a prize for people who finished the checklist. Rest is where you learn who God is and who you are. Scripture also teaches that we are saved by grace, not by performance: “For by grace are ye saved through faith, and that not of yourselves: it is the gift of God: Not of works” (Ephesians 2:8–9, KJV).

Mary’s “good part” is not laziness. It is priority. Jesus first, then everything else finds its proper place.

Definition Box

Definition Box: Performance Faith

Performance faith is when you treat God like an audience and your spiritual life like a stage. You measure your closeness to God by how much you do, how perfect you appear, or how consistent you feel. It can look responsible, even “holy,” but it quietly runs on fear. Performance faith asks, “Am I doing enough?” Real faith asks, “Is Jesus enough for me today?”

Real Life Examples

- You volunteer at church, help everyone, and stay late, but you go home resentful because nobody noticed, and you feel guilty for resenting it.
- You miss a day of reading the Bible and instantly assume you are a bad Christian, so you avoid God for a week, like distance will hide the failure.
- You scroll Christian content for “inspiration,” but it becomes comparison, their confidence looks bigger than yours, so you chase a feeling instead of hearing God’s word.

Practice

Practice: The One Thing Pause

1. Set a timer for 7 minutes, put your phone face down, on silent, across the room.
2. Sit somewhere simple, feet on the floor, shoulders relaxed.
3. Read Luke 10:42 (KJV) once, slowly.
4. Say one honest sentence to Jesus, no filter. Example: “Lord, I feel pressured to earn love.”
5. Write one line: “The good part for me today is _____.”
6. Choose one small obedience that flows from rest, not panic. Example: send one kind text, finish one assignment, then stop.

Do this once a day for a week. You are training your heart to return to Jesus before you return to your tasks.

Questions

Quick

- What “many things” make you feel careful and troubled lately?
- When do you feel most like you have to prove yourself?
- What is one place you can pause before you perform?

Deeper

- Why does being unseen feel scary to you?
- Where did you learn the rule, “Rest must be earned”?
- How would your week change if Jesus’ love was already settled?

Group Discussion

- How can serving become a way to hide anxiety?
- What does it look like to choose “the good part” at school?
- How can a friend group help each other rest without judging?

Memory Verse

“But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.” Luke 10:42 (KJV)

Talk About It

Pick one trusted adult and tell them you are learning the difference between serving and striving. You can say: “I feel like I have to be impressive all the time, even with God.” Ask them two questions: “What helped you stop performing when you were my age?” and “How do you know God loves you on your worst day?” If you feel comfortable, share a specific area where pressure shows up, grades, sports, appearance, friends, church. Then ask for one simple check-in plan for the next week. Example: one text message every two days that answers, “Did you take your One Thing Pause today?” This is not about being monitored, it is about being supported.

Optional Parent Notes

Conversation points

- Ask what “performance” looks like in her world, not only online, but also school, sports, friend groups.
- Affirm effort without tying love to output. Say explicitly that rest is part of health and faith.
- Model “good part” moments at home, a short Scripture reading, a calm prayer, a phone-free dinner.

Pitfall to avoid

Do not use this chapter to pressure her into more religious activity. Avoid lines like “Just prioritize God” if it sounds like another assignment. Keep it relational and realistic.

Why it matters this week

If you do not learn to stop performing, you will burn out, even in good things. The world will gladly take your attention, your energy, and your joy, then ask for more. Jesus offers a different way: presence before pressure. This week matters because you are building a habit that will carry you through exams, drama, disappointment, and big decisions. Choosing “the good part” is not ignoring responsibility, it is placing responsibility under a stronger love. When your heart rests in Christ, you can serve without resentment, work without panic, and be kind without losing yourself.

One concrete action

Practice the One Thing Pause tomorrow morning before you touch your phone.

- Set a 7-minute timer and read Luke 10:42 (KJV) out loud.
- Write one sentence: “Jesus first, then one thing,” and choose that one thing.

Closing Prayer

Lord Jesus, I confess that I often try to earn love by doing more and looking better. Please forgive me for treating faith like a performance. Teach me to choose the good part, Your presence, Your word, Your steady love. When I feel careful and troubled, calm my heart. Help me serve with joy, not fear. Give me wisdom for my responsibilities and courage to rest without guilt. I want to belong to You, not to pressure. Amen.

Chapter 7: Shame and Restoration: Jesus Lifts You Up, Not Your Feed

It hits you the second your phone lights up. A notification, a screenshot, a group chat that suddenly goes quiet when you type. Your stomach drops like you missed a step on the stairs. You replay what you posted, what you said, what you wore, what you did. You start bargaining with your own brain: delete it, archive it, pretend it never happened. You refresh again. And again. Every scroll feels like you are searching for one thing, proof that you are not ruined. But the more you look, the smaller you feel. Shame does that, it makes you think your worst moment is your whole name. If you could just fix it fast enough, maybe you could breathe. But what if you cannot fix it, what if it follows you?

Bible Story Anchor

One of the most beautiful things about Jesus is how He deals with people who feel exposed. In the Gospels, He does not crush bruised hearts, He heals them. Think about Peter for a moment. Peter loved Jesus, yet in a pressure moment he denied even knowing Him. Afterward, Peter broke down, it was ugly, it was real. The night did not end with Peter as a hero, it ended with Peter as someone who wanted to disappear. Later, the risen Jesus did not treat Peter like a scandal. He met him, spoke with him, and restored him back into love and calling. You can trace the fall in Luke 22:61–62, and the restoration in John 21:15–17.

Or think about the woman who had an issue of blood for twelve years. She was exhausted, isolated, and likely ashamed to be seen. She touched Jesus' garment in desperation, hoping to slip away unnoticed. Jesus stopped, not to embarrass her, but to call her "Daughter" and send her away in peace. See Mark 5:25–34 (KJV) for the story, and notice that His words did not label her as dirty, they honored her faith.

These are not stories of people who never messed up. They are stories of Jesus meeting them in their lowest place, then lifting them into a new beginning.

Scroll Trap

The scroll trap in shame sounds like this: "If people know, I am done." Shame turns your mistake into your identity. It tells you that the only way back to safety is hiding, controlling the story, proving you are still worthy. So you manage your image like it is your oxygen. You overexplain, you apologize a thousand times, or you shut down and act like you do not care. You stalk comments, you track views, you refresh for signs that you have been forgiven by the crowd. And if the crowd is silent, shame says silence is a

verdict. Here is the worst part: shame does not actually lead you to healing. It leads you to obsession. It makes your feed a courtroom, and you are both the defendant and the judge.

Truth That Holds

Here is the truth that holds when shame shakes you: Jesus does not restore you by pretending sin is no big deal, and He does not restore you by treating you like you are unlovable. He restores you by bringing you into the light with mercy and truth. The Bible is honest that “all have sinned” (Romans 3:23, KJV). That means your struggle does not make you uniquely broken, it makes you human. But it also says, “There is therefore now no condemnation to them which are in Christ Jesus” (Romans 8:1, KJV). Condemnation says, “You are trash.” Conviction says, “Come back.” Jesus takes sin seriously, and He takes you seriously, too.

Restoration is not you earning your way back through perfect behavior. Restoration is God’s grace, His undeserved kindness, meeting your repentance, your real turning. “If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness” (1 John 1:9, KJV). Notice the order: confess, forgive, cleanse. Shame says you must clean yourself first, then you can come. Jesus says come, and He will cleanse. Your feed can only replay your failure. Jesus can rewrite your future.

Definition Box

Definition Box: Condemnation vs Conviction

Condemnation is a heavy sentence over your identity. It says your wrong choice is the final word about who you are. Conviction is God’s loving pressure that points to a real change. Conviction feels serious, but it also feels hopeful. Condemnation pushes you to hide; conviction invites you to return. Condemnation says, “Stay away.” Conviction says, “Come home.” Romans 8:1 (KJV) is a strong anchor when you cannot tell the difference.

Real Life Examples

- You posted something to get attention, then regret hit fast. Now you keep checking for reactions, trying to control what people think, and you feel sick every time someone views it.
- You said something harsh in a friend group, it spread, and now you feel like the “bad one.” You want to disappear, so you avoid everyone and pretend you are fine.

- You crossed a boundary with a boyfriend, or you let someone pressure you, and now shame whispers that you are permanently damaged. You keep scrolling to numb the feeling, but it keeps coming back when the screen goes dark.

Practice

Practice: Name It, Tell the Truth, Take One Step

1. Write one shame sentence you keep hearing in your head. Example: “I ruined everything, I will never be respected.”
2. Circle the identity word, like ruined, disgusting, worthless, unfixable.
3. Replace it with a truth sentence that matches Scripture. Keep it simple. Example: “I sinned, but I am not condemned in Christ” (Romans 8:1, KJV). Or, “God can cleanse me when I confess” (1 John 1:9, KJV).
4. Take one restoration step today. Choose one: confess to God in a real prayer, apologize to the person you hurt, tell a trusted adult, or set one boundary that protects you from repeating the same mistake.
5. Put your phone down for ten minutes and breathe. Shame feeds on frantic scrolling. Peace grows in honest returning.

Questions

Quick

- What is the main shame sentence I keep repeating?
- What do I usually do first when I feel exposed, hide or confess?
- What is one small step I can take in the next 24 hours?

Deeper

- How do I tell the difference between conviction from God and condemnation from shame?
- Why do I look to my feed for a verdict instead of going to Jesus?
- What boundary or pattern needs to change so I do not keep cycling back?

Group Discussion

- Why does shame make people isolate, even from safe friends?
- What does restoration look like in real life, not instant, but steady?
- How can we be a group that responds to failure with truth and mercy, without excusing sin?

Memory Verse

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” 1 John 1:9 (KJV)

Talk About It

If shame is making you spiral, do not carry it alone. Pick one trusted adult, a parent, a youth leader, a mentor, an older sister in the faith, and tell them the simple version. You do not have to share every detail right away. Start with: “I made a mistake, and I feel trapped in shame. I need help taking a healthy next step.” Ask them to help you separate facts from fear. Facts are what happened. Fear is what shame predicts will happen forever. Then ask for a plan: what to confess, what to apologize for, what boundaries to set, and what support you need. If what happened involves pressure, coercion, or anything unsafe, telling a trusted adult is not overreacting, it is wise and protective.

Optional Parent Notes

Conversation points:

- Ask gentle, specific questions: “What happened, what are you feeling, what do you need from me today?”
- Emphasize identity in Christ without minimizing responsibility: “We will face the truth, and we will face it with you.”
- Help her choose one next step and one boundary, then follow up in 48 hours.

Pitfall to avoid:

Do not lecture with panic or shame language. Avoid “How could you?” and avoid making it about family image. That intensifies secrecy. Aim for calm truth, steady presence, and clear protection. Remind her that confession leads to cleansing, not to humiliation, 1 John 1:9 (KJV).

Why it matters this week

Shame is not just a feeling, it is a direction. It points you toward hiding, self punishment, and image control. That direction quietly steals your joy, your prayer life, and your relationships. This week matters because you are learning a new reflex: return instead of run. When you practice confession, truth, and one small step, you train your heart to believe Jesus more than the crowd. Restoration is a pathway. It is built out of honest moments, not perfect performances. The sooner you learn to come back, the less power shame has to keep you stuck.

One concrete action

Write your shame sentence, then replace it with one KJV truth today.

- Write it on paper, not in your notes app, so you slow down and get honest.
- Read the replacement truth out loud twice, then take one restoration step, confess, apologize, or tell a trusted adult.

Closing Prayer

Lord Jesus, I bring You what I want to hide. I confess my sin, and I ask for Your cleansing and mercy. Thank You that there is no condemnation for those who are in You. Help me tell the truth without fear, and help me take one brave next step toward restoration. Guard me from using my phone as a courtroom. Teach me to believe Your gaze is kinder and stronger than the crowd. In Jesus' name, amen.

Chapter 8: Your Body Is Not a Project: Dignity Without Filters

You catch your reflection in the dark phone screen before the camera even opens. The hall at school smells like perfume and stress. Someone's laughing behind you, and you wonder if they are laughing at you. You swipe to the front camera anyway. Angle. Light. Tilt. Suck in. Smooth skin. Big eyes. Tiny waist. You take three photos, delete two, zoom in on the last one until you only see flaws. Then you open an app and stare at girls who look like they were born with perfect lighting and no pores. A tight feeling climbs into your chest. You tell yourself, "It's fine, everyone does this." But your stomach says, "You're falling behind." And now your whole day feels like an audition.

Bible Story Anchor

Before Israel ever had a king, the prophet Samuel went to Bethlehem looking for the one God had chosen. He expected the tallest, strongest, most impressive son of Jesse. One by one, Jesse's sons passed in front of Samuel, and each time Samuel thought, "This has to be him." But God corrected Samuel's eyes. The Lord said, "Look not on his countenance, or on the height of his stature" (1 Samuel 16:7, KJV). God was not hunting for a perfect image. He was looking at the heart.

Then Jesse finally called the youngest, David, who had been out with sheep. Not the obvious choice, not the polished one, not the one everyone lined up first. Yet God saw what others missed, and God chose him.

That moment is not only about leadership, it is about vision. Your culture trains you to value what photographs well. God trains you to value what is true. Scripture begins even earlier with the same foundation: every human being is made in God's image (Genesis 1:27, KJV). That means your body is not a mistake to fix, and it is not a product to sell. Your body is part of God's design for you, and your life is meant to reflect Him in a way no one else can. Also see Psalm 139:14 (KJV).

Scroll Trap

The scroll trap says: "My body decides my worth." It sounds like facts, but it is actually a story you are being sold. If your worth rises and falls with angles, numbers, and comments, you will never be allowed to rest. The feed will always have a new trend, a new standard, a new "glow up" rule. You start treating your body like a group project you can never finish. You punish it when it does not cooperate. You compare it to other girls as if God ran out of creativity and gave you leftovers. And when you do not feel pretty,

you start feeling invisible, even to God. The trap is not makeup or style, the trap is believing you must earn dignity. That is exhausting, and it quietly steals your joy.

Truth That Holds

Here is the truth that holds you when your confidence crashes: your dignity is given, not achieved. The Bible says you were created on purpose, “in the image of God” (Genesis 1:27, KJV). That does not mean you look like God physically, it means you carry a God-given value and calling. Your body is not an enemy, it is a gift that lets you live, learn, hug people, run, dance, breathe, and worship.

God also teaches you how He sees. “The LORD seeth not as man seeth” (1 Samuel 16:7, KJV). People are often trained to judge quickly, but God sees deeply. He knows you all the way through, and He does not love the edited version better than the real one.

In the New Testament, God goes even further, He calls your body a place that matters to Him: “your body is the temple of the Holy Ghost” (1 Corinthians 6:19, KJV). That does not mean you must look perfect, it means your body is worthy of care, respect, and gentleness. You do not honor God by obsessing over your appearance. You honor God by living from His love, not chasing approval.

Definition Box

Definition Box: Dignity

Dignity is your God-given worth that cannot be upgraded or taken away. It is not confidence, and it is not popularity. Dignity is what you have because God made you and values you. That is why dignity remains on your worst day, after a bad picture, after an awkward moment, even after a mistake. You can learn to live like dignity is true, but you do not have to earn it first.

Real Life Examples

- You take selfies until you feel sick, then you post anyway, and you keep checking your phone like your peace lives in the notifications.
- You wear something you actually like, then you see a “perfect” girl online and change outfits three times, not because you hate your clothes, but because you fear being judged.
- You skip a meal, overwork out, or talk harshly to yourself because you think your body has to pay for not matching the standard.

Practice

Practice: The 7-Day Mirror Truth

Do this once a day for seven days, preferably in the morning.

1. Stand in front of a mirror, shoulders relaxed, phone facedown.
2. Take one slow breath and say, out loud: “God, teach me to see like You.”
3. Read one short verse, then speak three truth sentences:
 - a. I am made in God’s image (Genesis 1:27, KJV).
 - b. God sees my heart, not my highlight reel (1 Samuel 16:7, KJV).
 - c. I will treat my body with respect today (1 Corinthians 6:19, KJV).
4. Choose one gentle action for your body today: drink water, eat breakfast, stretch, walk, sleep earlier, or stop negative self-talk once.
5. Write one line in your notes app: “Today I practiced dignity by...”

Questions

Quick

- When do you feel most tempted to judge your body?
- What is one thing you say to yourself that you would never say to a friend?
- What is one small way you can care for your body today?

Deeper

- What does it mean to you that you are made in God’s image, not made to be a trend?
- How has comparison changed your mood, choices, or relationships?
- What would change if you believed God sees you fully and still loves you?

Group Discussion

- What are common “beauty rules” girls feel pressured to follow, and what do they cost?
- How can friends encourage health and dignity without policing each other?
- What boundaries with social media could protect your peace this week?

Memory Verse

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.” Psalm 139:14 (KJV)

Talk About It

Pick one trusted adult and tell them you want a judgment-free talk about body pressure. You can start simple: “I feel stressed about how I look, and I want help thinking biblically.” If it feels safer, name one specific situation, like comparing at school, pressure to post, or harsh self-talk. Ask them two things: first, to listen without fixing you fast; second, to help you build one boundary that protects you, like a no-phone zone at night or a break from certain accounts. If you have been restricting food, purging, or feeling out of control with eating or exercise, say that clearly. You are not in trouble, you are asking for support. That is brave. God often helps us through wise, caring people.

Optional Parent Notes

Conversation starters:

- Ask, “What makes you feel most judged right now, online or at school?” Then listen longer than you talk.
- Teach dignity without minimizing: “Your feelings are real, and your worth is steady.”
- Offer practical support: help her set screen boundaries, curate feeds, and create healthy routines around sleep and meals.

One pitfall to avoid:

Do not compliment only appearance, even positive comments can reinforce the idea that looks are the main currency. Balance with character, effort, kindness, courage, and spiritual growth. Also avoid jokes about weight, dieting, or “good” and “bad” foods. If you suspect disordered eating, seek professional help promptly, with calm and compassion.

Why it matters this week

This matters because the way you treat your body shapes the way you trust God. If you believe your body is a problem to solve, you will live tense and self-focused, and you will start measuring your worth every day. But if you receive your dignity from God, you can breathe. You can learn style without slavery. You can pursue health without obsession. You can enjoy life without performing for approval. The goal is not to stop caring about how you look, the goal is to stop letting appearance decide whether you are lovable. God’s gaze is steadier than your mood, and kinder than your feed.

One concrete action

Unfollow what steals your peace, and replace it with truth.

- Choose three accounts that trigger comparison, unfollow or mute them today.
- Replace them with one Scripture habit: read Psalm 139:14 (KJV) before you open any app tomorrow.

Closing Prayer

Lord, You made me on purpose, and You see me truly. Forgive me for believing that my body decides my worth. Teach me to treat my body with respect and gentleness, because it belongs to You. Help me reject comparison and stop chasing approval. Give me wisdom with my phone, and peace in my mind. Let Your truth be louder than the feed. I want to live seen by You, loved by You, and free. In Jesus' name, amen.

Chapter 9: Friendships That Build You: Ruth and Loyal Love

You walk into the hallway and it is already decided. A group chat lit up last night, inside jokes you were not in. Someone posted a photo of “the squad,” and you are not in it. Your stomach drops, not because you need to be famous, but because you want to belong. You smile anyway. You comment anyway. You scroll anyway. But later, when the room is quiet, you feel the truth: chasing a seat at the table can make you forget who you are. You start replaying everything you said today, everything you wore, everything you did not say. And you wonder, Why does friendship feel like a test I keep failing?

Bible Story Anchor

Ruth’s story starts with loss, not popularity. Naomi had left Bethlehem with her husband and sons because of famine. In Moab, Naomi’s husband died, then her sons died too. Naomi was crushed, and she told her daughters in law to go back to their own families. Orpah kissed Naomi and returned, and Ruth did something that still shocks people: she stayed. Ruth said she would not leave Naomi, she would go where Naomi went, and Naomi’s God would be her God (Ruth 1:16–17, KJV). That was not a cute quote for a bracelet, it was a decision in the dark.

They returned to Bethlehem with no safety net. Ruth did humble work, gleaning leftover grain behind the reapers so they could eat (Ruth 2:2–3, KJV). Naomi and Ruth were not “in,” they were vulnerable. Then God showed His quiet care. Ruth happened to glean in the field of Boaz, a kinsman redeemer, and Boaz treated her with protection and kindness (Ruth 2:8–12, KJV). Ruth’s loyalty met God’s provision. It is the same God who promises, “I will never leave thee, nor forsake thee” (Hebrews 13:5, KJV). And it is the same heart of friendship that Scripture praises: “A friend loveth at all times” (Proverbs 17:17, KJV).

Scroll Trap

The scroll trap says: “If you are not included, you are not important.” It trains your heart to measure friendship by visibility, who tags you, who comments first, who sits with who, who gets invited. It makes you treat people like doors, not like souls. You start performing for belonging, laughing at things you do not like, shrinking parts of yourself to fit, saying yes when you want to say no. And when a friendship feels shaky, you panic, because the feed makes it look like everyone else has it effortless. The lie underneath it is simple: “I must belong, or I am nobody.” That lie is heavy, and it will make you cling to people who cannot carry your identity.

Truth That Holds

God does not build His daughters on shaky social approval. He builds you on covenant love, the kind that is steady, not trendy. Ruth's loyalty was not about getting liked, it was about choosing faithful love when it cost her something. That is closer to how God loves you. Scripture says, "Herein is love, not that we loved God, but that he loved us" (1 John 4:10, KJV). Your value is not your social position, it is the fact that God sees you and calls you His.

This also means friendship is not meant to be an idol. Friends are a gift, but they are not a god. When you worship belonging, you will fear losing it. When you worship God, you can love people without falling apart if they disappoint you. Ruth did not chase attention, she pursued faithfulness, and God provided protection and community in His timing. Real friendship is not the loudest bond, it is the safest bond. It looks like kindness, truth, patience, and loyalty. "Charity suffereth long, and is kind" (1 Corinthians 13:4, KJV). And when you feel alone, you can anchor in this: "God is faithful" (1 Corinthians 1:9, KJV).

Definition Box

Definition Box: Loyal Love

Loyal love is faithful commitment that does not depend on mood, popularity, or convenience. It stays when life gets hard, it speaks truth without cruelty, and it protects without controlling. Loyal love is not the same as clinging. Clinging is fear-based and demands constant proof. Loyal love is courage-based and chooses what is right, even when it costs. Ruth shows loyal love by staying with Naomi, working humbly, and trusting God's direction.

Real Life Examples

- You keep saying yes to plans that drain you because you are afraid they will stop inviting you. Later you feel resentful, but you blame yourself for being "too sensitive."
- Your friend group loves gossip, and you laugh along so you do not become the next target. Afterward you feel dirty inside, and your faith feels quieter, like it is hiding.
- You have one friend who is steady and kind, but she is not "popular," so you keep her separate from your online life. You love her, but you also treat her like a secret, and that makes the friendship weaker.

Practice

Practice: The Friend Audit, Ruth Style

1. Write the names of your five closest friends or the five people you spend the most energy on.
2. Next to each name, write one word that describes how you feel after time with them: “built,” “neutral,” or “drained.”
3. Circle one “built” person. This week, invest in that friendship with one honest message and one intentional hangout, even if it is simple.
4. For one “drained” connection, choose one boundary: less texting at night, no gossip talk, or no pressure to send photos.
5. Pray a 20-second prayer before you open group chats: “Lord, keep my heart clean, make me faithful.”
6. Do one Ruth move: do the right thing quietly, even if no one applauds it.

Questions

Quick

- When do you feel the strongest pressure to fit in?
- What is one sign you are performing instead of being real?
- Who is one person you feel safer with, and why?

Deeper

- What do you fear would happen if you said no more often?
- Where have you confused attention with love?
- What kind of friend are you becoming, steady or anxious, honest or performative?

Group Discussion

- What is the difference between loyal love and clinging?
- How do you handle a friendship that pulls you toward sin without acting superior?
- What does it look like to be faithful, even when you feel left out?

Memory Verse

“A friend loveth at all times.” Proverbs 17:17 (KJV)

Talk About It

Pick one trusted adult and tell them the truth without dramatizing it. You can say: “Friend stuff is stressing me out, and I need help thinking clearly.” Then share one specific

example, not ten. Ask them two questions: “Is this a healthy friendship?” and “What boundary would you set if you were me?” If you have been people-pleasing, admit it, not to shame yourself, but to step into freedom. If you have been isolated, say that too. A wise adult can help you see patterns you cannot see when emotions are loud. If a friendship includes pressure, manipulation, sexual content, threats, or bullying, that is not just “drama,” it is a safety issue. You deserve support and protection.

Optional Parent Notes

Conversation points

- Ask open questions: “When do you feel most alone at school?” then listen without correcting the feelings first.
- Teach the difference between boundaries and punishment. A boundary is “I will not stay in gossip,” not “You are bad.”
- Reinforce identity before advice: remind her she is loved by God and by you, then talk strategy.

Pitfall to avoid

Do not minimize with phrases like “It’s just teenage drama.” For her, belonging can feel like survival. If you dismiss it, she will hide it. Validate the weight, then guide her toward faithful choices, safe friends, and wise limits.

Why it matters this week

Friendships shape your worship. They shape what you laugh at, what you tolerate, and what you believe about yourself. If you chase belonging at any cost, you will slowly trade peace for approval. Ruth shows a better way: loyal love that is brave, steady, and rooted in God, not in a crowd. This week matters because you are practicing who you will become. Small choices, like refusing gossip or reaching out to a steady friend, can protect your heart. God often builds your life through quiet faithfulness, not loud popularity. Faith grows best in safe love.

One concrete action

Choose one “built” friend and strengthen that friendship on purpose today.

- Text her one honest sentence, “I appreciate you, you make me feel safe.”
- Plan one simple meet-up, a walk, a study session, or a smoothie, and keep your phone facedown.

Closing Prayer

Lord, thank You that You do not measure me by a crowd. Teach me loyal love that is clean and brave, like Ruth's, and protect my heart from chasing approval. Give me wisdom to choose friends who build faith, and courage to set boundaries where I need them. When I feel left out, remind me that I am not forgotten, because You see me. Lead me into friendships marked by kindness and truth, in Jesus' name, amen.

Chapter 10: Boundaries Without Guilt, Choosing Holy Calm

You are lying in bed with your phone two inches from your face. You told yourself, “Ten minutes,” but it has been forty. A friend posted a photo dump, someone else is live, the group chat is buzzing, and you feel like if you do not keep up you will fall behind in your own life. You are tired, but your thumb keeps moving. Then your screen flashes: 2%. You feel a small wave of panic, like the phone is a life line. You plug it in and keep scrolling, even though your stomach feels tight. Tomorrow you will wake up foggy, promise yourself you will do better, and then repeat it. You whisper, “God, I want peace,” but you are not sure how to choose it.

Bible Story Anchor

In Scripture, boundaries are not cold, they are love with wisdom. Jesus loved people deeply, and He also stepped away on purpose. The Gospels show Him withdrawing to pray when crowds pressed in and needs multiplied. “And he withdrew himself into the wilderness, and prayed” (Luke 5:16, KJV). That is not selfishness, it is obedience and strength. He did not let urgency become His master.

You also see a clear “no” in how Jesus handled pressure. People tried to pull Him into their timelines, their expectations, their demands. He did not perform for them. He spoke truth, stayed rooted, and kept moving toward His Father’s will. That is a boundary.

Proverbs teaches the same idea in a simple picture: your heart is like a gate, and not everything should get in. “Keep thy heart with all diligence; for out of it are the issues of life” (Proverbs 4:23, KJV). If your heart is constantly flooded with noise, comparison, and drama, it is harder to hear what is true.

A boundary is not a wall that says “I hate you.” It is a door that says “I choose what shapes me.” God’s love is steady, and His wisdom teaches you how to live steady too (James 1:5, KJV).

Scroll Trap

The scroll trap sounds like responsibility, but it is really fear. It says: “If I do not respond fast, I will lose people.” It says: “If I miss something, I will be left out.” It says: “If I set a limit, I am being dramatic, rude, or not a good friend.” Then guilt shows up, and guilt is a powerful leash.

The trap also lies about your value. It whispers: “You are only safe when you are available.” So you keep the door of your attention wide open, even when you are

exhausted. And the more exhausted you are, the harder it is to choose well. You start saying yes with your phone, even when your soul is begging for a no.

Boundaries feel scary because they expose what you have been using scrolling to avoid, loneliness, stress, sadness, pressure, or the quiet.

Truth That Holds

God is not asking you to be reachable to everyone at all times. He is asking you to belong to Him. You are a steward of your time, your mind, your body, and your heart.

Stewardship is spiritual, not just practical. When you choose a boundary, you are not choosing distance from love, you are choosing devotion to what is good.

The Bible is honest: not everything that is possible is beneficial. “All things are lawful unto me, but all things are not expedient” (1 Corinthians 6:12, KJV). That includes apps, group chats, and the endless “just one more” loop. A boundary is you saying, “This might be allowed, but it is not helping me love God and people well.”

Jesus gives a peaceful pattern: closeness to the Father first, then love poured outward. When you guard your heart, you are not becoming selfish, you are becoming stable. And stability is a gift to your future self and to the people you care about.

If you need wisdom, ask. God does not shame you for needing help, He gives it (James 1:5, KJV).

Definition Box

Definition Box: Boundary

A boundary is a clear, loving limit that protects what God has entrusted to you. It answers two questions: “What helps me stay faithful?” and “What drains me into fear or fog?” Boundaries can be about time, content, conversations, or availability. A boundary is not a punishment. It is a pathway to peace. A good boundary is specific, realistic, and connected to your values.

Real Life Examples

- You notice you feel anxious after looking at certain accounts, so you mute them for two weeks. You are not being mean, you are protecting your heart.
- Your friends text late at night and expect instant replies. You send one honest message: “I do not answer after 10:00 PM, I will reply tomorrow.” Then you follow through.

- You keep getting pulled into drama threads. You decide: “If a conversation is tearing someone down, I will not join.” If you need to, you exit quietly and talk to a trusted adult if it escalates.

Practice

Practice: Two Boundaries, One Week

1. Pick one time boundary. Example: “No phone in bed,” or “No socials before school.”
2. Pick one content boundary. Example: “Unfollow or mute three accounts that trigger comparison,” or “No comment sections for a week.”
3. Write your why in one sentence. Example: “I want holy calm so I can hear God and be kind.”
4. Tell one safe person. A parent, mentor, youth leader, or a steady friend.
5. Expect discomfort on day one. Discomfort is not danger.
6. Do a 60 second reset when cravings hit: breathe, pray one line, move your body, then choose your boundary again.
7. After seven days, review: what changed in your sleep, mood, and faith?

Questions

Quick

- What is one place where your phone controls you more than you want?
- When do you feel the most guilt about saying no?
- What boundary sounds small enough to actually try?

Deeper

- What fear is underneath your constant availability?
- Who taught you that rest is earned, not given?
- How would your life look if peace mattered more than approval?

Group Discussion

- Why do boundaries feel “mean” to some people, and how can you communicate them kindly?
- What is a healthy way to support friends without being on call 24/7?
- How can your group create a culture where “no” is respected?

Memory Verse

“Keep thy heart with all diligence; for out of it are the issues of life.” Proverbs 4:23 (KJV)

Talk About It

Pick one trusted adult and tell them the truth, not the polished version. You can say: “I feel stressed by my phone, and I want help setting a boundary.” Ask them to help you choose a limit that fits your life, not someone else’s. If you are afraid they will overreact, tell them that too. A good adult will listen first, then plan with you. If you have a boundary that involves safety, like unwanted messages, pressure, or anything that feels scary, do not carry it alone. You are not “dramatic” for asking for help, you are wise. God often gives peace through people who love you and will protect you.

Optional Parent Notes

Conversation starters:

- “What part of social media makes you feel heavy, and what part feels harmless?”
- “If you could change one habit for your peace, what would it be?”
- “How can I support you without taking control away from you?”

Pitfall to avoid:

Do not turn this into a lecture or a punishment. The goal is not to win a power struggle, it is to build trust and wise habits. Ask for her ideas first, agree on one small boundary, and praise follow through, not perfection.

Why it matters this week

This week matters because your attention is shaping you every day, whether you notice it or not. If you keep your heart wide open to everything, you will feel pulled apart inside. Boundaries are how you practice peace on purpose. They help you sleep, think, pray, and love people without resentment. They also show you something important: you can choose, even when cravings and pressure are loud. God is not waiting for you to become stronger before He helps you. He meets you in small steps, and those steps add up.

One concrete action

Choose one time boundary tonight, and keep it for seven days.

- Write it on a sticky note and place it where you charge your phone.
- Text one trusted person your boundary, and ask them to check in once.

Closing Prayer

Lord, I want holy calm. Teach me to guard my heart without guilt. Give me wisdom to know what helps me and what harms me. Help me be kind and clear when I say no. When I feel the pull to please everyone, remind me that I belong to Thee. Let my attention come back to Thee again and again. Make my boundaries a doorway to peace and a way to love better. In Jesus' name, Amen.

Chapter 10: Relapse Is Not the End: How to Return When You Slip

It happens on a random Tuesday. You are tired, your brain feels loud, and the day already had too many people, too many opinions, too many little stings. You tell yourself, “Just five minutes.” You open the app you promised you would avoid. At first it is harmless, then you see her, the girl with the perfect hair and the perfect life, and suddenly your chest tightens. You keep scrolling anyway, like you are trying to outrun the feeling by feeding it. When you finally stop, you feel worse, not better. Your mind says, “See, you failed again.” Your heart says, “God is probably disappointed.” You stare at the ceiling and wonder if your progress was fake the whole time. Then a quieter thought shows up: “What if slipping is not the same as being lost?”

Bible Story Anchor

Peter knew what it felt like to slip hard. He loved Jesus, he meant it, and he still fell apart in the moment that mattered most. The night Jesus was arrested, Peter followed at a distance. People noticed him, and fear took over. Three different times he denied even knowing Jesus. It was not a small mistake, it was a public crash. Then the rooster crowed, and Peter remembered what Jesus had said. Luke says, “And the Lord turned, and looked upon Peter” (Luke 22:61, KJV). That look was not a scroll, it was not a comment section, it was not shame for sport. It was the look of Someone who knows the truth and still does not let go.

After the resurrection, Jesus did not throw Peter away. He met him again by the sea. They ate together, and Jesus asked Peter three times if he loved Him. It was like Jesus was rebuilding what fear had broken, one honest answer at a time. Then Jesus gave him purpose again: “Feed my lambs” (John 21:15, KJV). Peter’s story shows something huge. A relapse can be real, and your relationship with God can also be real. Falling does not get the final word. Grace does.

Scroll Trap

The scroll trap here is the all or nothing lie. It says, “If I mess up, I am back at zero.” It says, “If I did it again, I did not change.” It says, “If I feel numb, God is far.” Social media trains your brain to think in instant results and instant judgments. One bad moment becomes your whole identity. One relapse becomes the headline over your life. Then shame tries to isolate you, because isolation makes relapse easier next time. Another trap is hiding. You keep it secret, you keep it quiet, and your heart starts to believe that

God only wants the edited version of you. But God is not fooled by a highlight reel, and He is not scared of your honesty.

Truth That Holds

Here is the doctrine in normal words: sanctification is growth, not a straight line. God changes His people over time, and He does it through real life, not perfect life. When you slip, you are not proving you are hopeless, you are proving you are human. The question is not, “Did I ever fall?” The question is, “Will I return?”

God’s heart toward returning children is clear. “If we confess our sins, he is faithful and just to forgive us our sins” (1 John 1:9, KJV). Confession is not begging God to be kind, it is agreeing with God about what happened, then stepping back into the light. Also remember this: “There is therefore now no condemnation to them which are in Christ Jesus” (Romans 8:1, KJV). Conviction says, “Come back.” Condemnation says, “Stay away.” Jesus restores, He does not humiliate. When you return, you are not earning love, you are receiving it. Your slip is not your name, and your shame is not your home.

Definition Box

Definition Box: Relapse

Relapse means you return to an old pattern after a season of progress. It can be scrolling when you were detoxing, comparing when you were healing, hiding when you were learning honesty. Relapse does not mean you are fake. It usually means you are stressed, lonely, tired, triggered, or unprotected. The goal is not perfection, the goal is returning faster and learning what your heart needed in that moment.

Real Life Examples

- You promised yourself no late night scrolling, then you get anxious about tomorrow’s test. You grab your phone to numb out, then you feel guilty and stay up even later.
- You see a friend group posting without you. Your mind decides, “I am unwanted,” and you start checking their stories over and over, hoping the ache will shrink.
- You post a photo, and the likes come in slower than you expected. You refresh, delete, repost, then spiral into “I am embarrassing,” even though nothing actually happened.

Practice

Practice: The 10-Minute Return

1. Name it in one sentence: “I slipped into scrolling and comparison.”
2. Breathe slowly for one minute, hand on your chest, and remind your body it is safe.
3. Confess simply to God: “Lord, I did it again, please forgive me and bring me back” (see 1 John 1:9, KJV).
4. Replace one lie with one truth sentence: “God sees me, and I can return right now.”
5. Do one tiny repair action: plug in your phone across the room, drink water, open a Bible passage, or text a trusted person, “I’m having a hard moment.”
6. Write one clue: What was I feeling right before I slipped? Tired, lonely, stressed, rejected?

Ten minutes is enough to break the shame spiral.

Questions

Quick

- What time of day do you slip most often, and why?
- What feeling shows up right before you start scrolling?
- What is one lie you hear in your head after you relapse?

Deeper

- Do you treat yourself with the same mercy you would give a friend, why or why not?
- What are you afraid God thinks about you when you fail?
- What does “returning” look like for you in the next 24 hours?

Group Discussion

- What is the difference between conviction and condemnation in real life?
- How can friends help each other return without judgment?
- What are healthy boundaries that protect your peace at school and online?

Memory Verse

“For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.” Proverbs 24:16 (KJV)

Talk About It

Pick one trusted adult, it can be a parent, a youth leader, a coach, an older cousin, or a mentor. Tell them you are working on your attention and your faith, and that relapse makes you want to hide. Say something like, “When I mess up, I feel ashamed and I isolate, I need help returning.” Ask them two practical things: first, a weekly check in where you can be honest without getting a lecture. Second, one boundary you can share, like keeping your phone out of your room at night. If your relapse connects to deeper anxiety, panic, or heavy sadness, it is brave to say that too. You are not “too much.” You are a person learning how to be safe, steady, and close to God in a loud world.

Optional Parent Notes

Conversation points

- Normalize growth: remind her that maturity is returning faster, not never slipping.
- Ask about triggers, not just behavior: “What were you feeling right before it happened?”
- Offer structure with compassion: help her choose one realistic boundary for seven days, then review.

Pitfall to avoid

Do not shame her with spiritual shortcuts, like “Just have more faith,” or “If you loved God you would stop.” Shame makes secrecy stronger. Instead, speak hope and give tools. Emphasize God’s kindness and the power of small, repeatable steps.

Why it matters this week

This matters because relapse is the moment many girls decide a lie: “I am not the kind of person who can change.” If you believe that, you stop trying, and the scroll becomes your comfort, your compass, and your cage. But if you learn to return quickly, relapse loses its power to define you. You build a new pathway in your mind and a new rhythm in your spirit. You learn that God’s love is not fragile. You also learn that your choices matter, not because God is waiting to punish you, but because He is teaching you how to live free.

One concrete action

Practice the 10-Minute Return the first time you slip this week.

- Write the six steps on a note in your phone, then pin it so it is easy to find.
- Choose one trusted person you can text, “I’m returning,” and do it once.

Closing Prayer

Lord Jesus, You know how easy it is for me to slip back into old patterns. I confess what happened, and I ask You to bring me back without shame. Thank You that You looked at Peter and did not let him go. Teach me to return quickly, to tell the truth, and to receive Your forgiveness. Give me wisdom for my boundaries and courage to ask for help. Let Your voice be louder than my failure. Amen.

Chapter 11: Living Seen: Your Rhythm for the Next 90 Days

It is Sunday night. Your backpack is half-zipped, your charger is on the floor, and your screen is still glowing. You told yourself you would stop after one video, then one more, then “just check messages.” Now your stomach feels tight, like you forgot something important, even though you did not. You are not even enjoying it. You are just scrolling so you do not have to feel the quiet. Tomorrow is a whole week of faces, grades, group chats, and pressure. You want to walk into it steady, not shaky. You want faith that holds when your mood does not. You want a life where being seen by God matters more than being noticed by people. Tonight, you do not need a new personality. You need a rhythm.

Bible Story Anchor

Picture a young girl in a crowded house, not famous, not powerful, not “important” in the way people measure importance. In Mark 5, Jairus’ daughter is twelve. That means she is not a little kid, and she is not an adult. She is right in that in-between place. The place where everyone has expectations and opinions. The place where you can feel invisible, even when everyone is watching.

The story turns heavy fast. She is sick, then she dies. People start talking like the story is over. Jesus walks in and says, “Why make ye this ado, and weep? the damsel is not dead, but sleepeth” (Mark 5:39, KJV). Some laugh. Jesus does not argue with the noise. He moves with calm authority. He takes her by the hand and calls her back to life (Mark 5:41–42, KJV). Then He gives a small, practical instruction: give her something to eat (Mark 5:43, KJV).

That detail matters. Jesus does miracles, yes, but He also cares about next steps. A hand to hold, a voice to follow, food for strength, and a house filled with shock and hope. If Jesus can bring life back into a room that already gave up, He can bring steadiness back into your heart when you feel spiritually flat. His presence is not fragile. His care is not performative. His love reaches into real life.

Scroll Trap

Here is the scroll trap for your next 90 days: “If I do not stay connected to everything, I will fall behind, be left out, or be forgotten.” That lie sounds like responsibility, but it is actually fear in a cute outfit. It makes you treat your phone like a lifeline instead of a tool. It makes your attention feel hunted. It trains you to chase proof that you matter.

The trap also whispers another lie: “My faith has to feel intense to be real.” So if you feel bored, anxious, numb, or messy, you assume God is far. Then you scroll to distract yourself from the guilt, which makes you feel emptier, which makes you scroll more. That loop does not mean you are broken. It means you are human in a loud world. You need a rhythm that carries you back.

Truth That Holds

God does not love you because you stay consistent. God loves you because He is love, and because in Christ you are His. Scripture calls believers “accepted in the beloved” (Ephesians 1:6, KJV). That means your place with God is not built on your best week. It is built on Jesus.

Also, your attention is not a small thing. What you look at all day shapes what you believe about life. Jesus said, “For where your treasure is, there will your heart be also” (Matthew 6:21, KJV). Your heart follows what you keep investing in. If your treasure is approval, your heart will be restless. If your treasure is God, your heart will learn peace, even while life stays busy.

Finally, God sees the real you, not the edited you. “Thou God seest me” is the heartbeat of this whole book (Genesis 16:13, KJV). Being seen by God is not the same as being watched by people. God’s gaze is not a scorecard. It is steady love that tells the truth and still stays near. Your next 90 days are not about being perfect. They are about returning, again and again, to the One who does not let go.

Definition Box

Definition Box: Rhythm

A rhythm is a repeated pattern that shapes your life over time. It is not a vibe, and it is not a one-time motivation. Rhythm is what you do when you are tired, busy, or stressed. A healthy spiritual rhythm is simple enough to keep, and meaningful enough to change you. It is a path you can walk back to God on, even after a rough day.

Real Life Examples

- You post a photo and keep checking views. Your mood rises and falls with the numbers. A rhythm helps you step back and ask, “What am I trying to prove?” then return to one truth sentence before you check again.
- You have a friend group chat that never stops. You feel guilty if you do not respond fast. A rhythm helps you set a calm boundary, and remember that real friendship survives a delayed reply.

- You try to read the Bible but feel distracted, then you quit and feel like a fake. A rhythm helps you do ten minutes instead of zero, and trust that small faithfulness matters.

Practice

Practice: The 90-Day “Seen” Rhythm

1. Choose your anchor time. Pick one daily moment you already have, like brushing your teeth, walking to school, or getting into bed.
2. Do the 3-1-1 reset at that time: 3 minutes quiet, 1 truth sentence, 1 small step.
3. Pick your truth sentence for this week. Example: “I am seen by God, I do not have to perform.”
4. Pick one small step. Examples: first 10 minutes no phone, unfollow one account that triggers comparison, or text one trusted person instead of doom-scrolling.
5. Weekly check-in on Sunday: What helped, what drained me, what is one adjustment for next week?

Keep it simple. You are building a path back, not a prison.

Questions

Quick

- When do you scroll the most, and what are you usually feeling right before?
- What is one lie you notice in your feed, even if it is subtle?
- What is one small change that would make tomorrow calmer?

Deeper

- What are you most afraid will happen if you disconnect for a while?
- Where do you look for worth when you feel insecure?
- What does it mean to you that God’s gaze is steady, not performative?

Group Discussion

- How can friends help each other without policing each other?
- What boundaries feel loving, not controlling, in a group chat?
- What is one Scripture that helps you when comparison hits?

Memory Verse

“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,” (Romans 8:38, KJV).

Talk About It

Pick one trusted adult and tell them you are building a 90-day rhythm. You do not need to share every detail of your phone life. Start with one honest sentence, like: “I feel anxious after scrolling, and I want a healthier routine.” Ask them to help you choose one boundary that protects your peace, not punishes you. If you are dealing with intense anxiety, panic, self-hatred, or you feel unsafe, say that clearly. You deserve support. A good adult will not mock you, minimize you, or turn it into a lecture. They will listen and help you make a plan. If the first adult does not respond well, that does not mean you should stop asking. It means you should choose a different safe person.

Optional Parent Notes

Conversation points

- Ask what your teen notices emotionally after scrolling, not just what they post.
- Help them pick one “peace boundary” together, like charging the phone outside the bedroom.
- Model calm tech habits, especially during meals and before bed.

Pitfall to avoid

Do not turn this into surveillance. If your teen feels watched, they will hide. Aim for trust, curiosity, and shared problem-solving. Encourage small steps, celebrate consistency over intensity, and keep Scripture connected to compassion.

Why it matters this week

This week matters because your next week is being shaped right now, by what gets your attention. You cannot control every feeling, and you cannot control what other people think. But you can choose a rhythm that keeps pulling you back to God’s gaze. When your days have a steady return point, your faith stops depending on perfect motivation. It becomes something you can live, even on hard mornings. The goal is not to quit the internet. The goal is to stop letting the internet name you. God already has a name for you: seen, loved, and held.

One concrete action

Choose your 3-1-1 anchor time tonight, and protect it for the next seven days.

- Set one reminder on your phone that says “Seen, 3-1-1,” and place it at your anchor time.
- Write your truth sentence on a sticky note, and put it where you will actually see it.

Closing Prayer

Lord Jesus, I am tired of chasing proof that I matter. Teach me to live from Your gaze, not from people’s opinions. Help me build a simple rhythm that brings me back when I drift. When I feel numb, be near. When I feel anxious, steady me. When I feel tempted to compare, remind me who I am in You. Give me wisdom for boundaries and courage to ask for help. In Thy name, Amen.