



VERSE

'Turn my eyes from looking  
at worthless things; and  
give me life in your ways.'

*Psalm 119:37*

## WEEK 1: DETACH

### DOES GOD HAVE YOUR ATTENTION?

As a middle schooler, there's a lot of pressure to be constantly on your phone. Social media and messaging apps make you feel like you need to be always connected, keeping up with friends and trends. Talk about how this pressure to stay "in the loop" can pull you away from moments of peace and spiritual growth, making it challenging to prioritize God and nurture a deeper faith.

#### ACTIVITY: DISTRACTION WEB

Draw a "web of distractions" with things like apps, friends, or social expectations at the center. Then identify one or two you want to work on this week.

## DISCUSSION QUESTIONS

1 What is the most distracting part about being a middle schooler?

---

---

2 How has your phone / your friends' phones changed your friendships?

---

---

3 How can focusing on God help us feel less pressure to "fit in"?

---

---

## WEEKLY AT-HOME CHALLENGE

Swap 15 minutes of screen time (phone, tablet, games, etc.) for prayer, journaling, or going for a walk three times this week. Reflect on how you felt after.

What I did: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How I felt: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



VERSE

'I have come that they may have life, and have it to the fullest.'

*John 10:10*

## WEEK 2: DISCOVER

### WHO ARE YOU OFFLINE?

When we connect socially online, it can often be hard to truly know each other. It is so easy to only show the best parts of ourselves, and it can be even easier to compare our own lives to others' best moments. Talk about ways that Jesus offers true fulfillment and can help us appreciate what we have without comparing it to others.

#### ACTIVITY: WHO AM I?

Draw a self portrait of you doing some of the things that make you 'you' - things like sports, hobbies, activities, or adventures you have done!

## DISCUSSION QUESTIONS

1 Why is it bad to compare ourselves to others?

---

---

2 What are some ways talking to God can help with comparison?

---

---

3 God made each of us unique for a reason - why do you think that is?

---

---

## WEEKLY AT-HOME CHALLENGE

Write down something you are grateful for every day this week - it can be big or small!

I am grateful for:

---

---

---

---

---

---

---

---



VERSE

'Whatever is true, noble, right,  
pure, lovely, admirable—think  
about such things.'

*Philippians 4:8*

## WEEK 3: DELIGHT

### FINDING JOY IN GOD

By putting down our phones, it is easier to see His love and presence in everyday life. Prayer, reading scripture, and spending time in nature are simple ways to connect with God. By practicing kindness, showing compassion to others, and serving in small ways, they can experience the joy that comes from living out their faith. Celebrating God's goodness in both big and small moments, like appreciating a beautiful day or feeling comforted during tough times, can help you grow closer to Him and find true joy in His love.

#### ACTIVITY: BE IN THE MOMENT

Go outside as a group (if possible) or sit quietly in the classroom. Try to think of or notice three things you've never paid attention to before (sounds, sights, etc.) and list or draw them below.

## DISCUSSION QUESTIONS

1 What is your favorite type of scenery?

---

---

2 Do you think seeing a place on your phone is the same as seeing it in real life?

---

---

3 How does appreciating our surroundings help us appreciate God?

---

---

## WEEKLY AT-HOME CHALLENGE

Spend 10 minutes going on a walk. Think about and document what you see and hear during it, particularly things that you find fascinating or captivating.



VERSE

'Do not conform to the pattern of this world, but be transformed by the renewing of your mind.'

*Romans 12:2*

## WEEK 4: DETERMINE LIVING A NEW WAY - UNPLUGGED!

Taking from what you've learned, explore some ways to reconnect with God going forward. Try keeping your phone in another room when you're focusing on studying, reading, or spending time with family. Engaging in hobbies like sports, drawing, or playing a musical instrument can also help keep you away from your phone and foster more face-to-face interactions.

### ACTIVITY: BE IN THE MOMENT

Create a "priority list." Write down three things you value most (e.g., family, honesty, time with God). Discuss how to protect those priorities.

---

---

---

## DISCUSSION QUESTIONS

- 1 How can you stand up for what you believe in, even when friends pressure you?

---

---

- 2 What steps will you take to keep God at the center of your life after this series?

---

---

- 3 How does God's love make us unique and special, even if we're not like everyone else?

---

---

## WEEKLY AT-HOME CHALLENGE

Write down a commitment to spend time with God (e.g., reading the Bible, praying) for at least 5 minutes daily. Share with your parents for accountability.