

DIGITAL THORNS

A Study Guide for Kids Ages 5-11

OVERVIEW

Phones, tablets, games, and TV can be fun and helpful. But sometimes they distract us from God, our family, and the people around us. Jesus taught that distractions can be like thorns that stop a good plant from growing. We can put our screens down, look up, and make room for God to grow good things in us.

BIG IDEAS

- God wants His Word to grow good fruit in our lives.
- Worry, distraction, and comparison can be like thorns.
- Screens should be tools - not the boss of our attention.
- Every meal, car ride, and conversation can become a special moment.
- When we put our screens down, we can notice people who need love.
- We can live differently, look up, and love like Jesus.

FUN QUESTIONS TO THINK ABOUT

- 1 What is your favorite thing to do on a screen?
- 2 When is it hardest for you to put your screen down?
- 3 Have you ever missed something important because you were watching a screen?
- 4 What good fruit does God want to grow in you - kindness, patience, joy, or something else?
- 5 Who might need you to look up, listen, and show them love?

THINGS YOU CAN DO THIS WEEK

- Put screens away during meals.
- Spend a few minutes with God before using a screen in the morning.
- Choose one screen-free activity with your family.
- Look up and smile at people when you are in public.
- Ask someone how they are doing, and really listen.
- Remember: Don't bring thorns to a fruit party!

FUN GROUP OR FAMILY TALK IDEAS

- 1 Take turns naming something fun you can do without a screen.
- 2 Talk about one time a screen distracted you from someone.
- 3 Choose one place in your home to make a screen-free zone.
- 4 Put devices away and see who can notice the most things around them.
- 5 Name one person your family can encourage this week.
- 6 Finish this sentence: When I put my screen down, I can...