Children: Staying Pure in What You Watch



A 7-day Bible study guiding children to choose pure, uplifting content, growing in faith and godly discernment.





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Introduction

Welcome to a special 7-day Bible study designed to help you, as a child, understand the importance of purity in what you watch. In today's world, screens and media are everywhere, and it's easy to be influenced by what we see. But God wants us to fill our minds with things that are pure, lovely, and honorable.

Why does what we watch matter? Because what you allow into your heart and mind shapes who you become. Philippians 4:8 encourages us to think about things that are true, noble, right, pure, lovely, and admirable. When you choose to watch things that honor God, you protect your heart and keep your spirit strong against temptation.

Each day, we'll explore Bible truths that show us how to be careful and wise about what we watch. You'll learn how to say no when something isn't good for you, how to ask God for help, and how to fill your heart with good things instead. This journey is about growing closer to God and letting His light shine brightly through you.

Remember, staying pure isn't about being boring or missing out — it's about choosing what builds you up and honors God. With God's help, you can make wise choices that bless your life now and always. Let's get started on this exciting adventure to protect your heart and mind!

















Your Verse

Psalm 101:3 - "I will not look with approval on anything that is vile."

Supporting Scriptures

- Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it."
- Job 31:1 "I made a covenant with my eyes not to look lustfully at a young woman."







Day 1: Guard Your Eyes

Devotional: Protect Your Eyes to Protect Your Heart

Have you ever heard the saying, "What you see affects what you become?" Psalm 101:3 reminds us that God wants us to protect our eyes by not approving of anything that is vile or harmful. When you watch something bad, it can sneak into your mind and heart and influence your thoughts and feelings.

Guarding your eyes means being careful about what you choose to watch, even when everyone else might be watching something else. It's a way of loving yourself and honoring God. Proverbs 4:23 tells us that our heart is the source of life, so keeping bad things out of our heart is very important.

Think of your mind as a garden. When you only allow good, pure things in, beautiful flowers grow. But if you let weeds in, the garden gets messy and unhealthy. What you watch should help your heart grow strong and healthy.







Reflect and Apply

	What kinds of things do you find hard to stop watching even if they bother you?
2.	Why do you think God wants us to guard our eyes?
3.	How can guarding your eyes affect your feelings and actions?
4.	What can you do when you feel tempted to watch something not pure?











Day 1: Guard Your Eyes

Journaling Prompts

	Write about a time you chose not to watch something because it didn't feel right.
2.	List three things you want to watch that help you feel closer to God.
3.	Describe how your heart feels after watching something kind and pure.







Prayer for Today

Dear God, thank You for reminding me how important it is to guard my eyes. Help me to choose well what I watch and to stay away from things that can hurt my heart. Please give me strength to say no when I am tempted and fill my mind with Your truth and love. Help me grow closer to You every day. *Amen.* \bigwedge OO \bigvee

















Day 2: O Think About What You Watch

Your Verse

Philippians 4:8 - "Whatever is true, noble, right, pure, lovely, admirable—think about such things."

Supporting Scriptures

- Colossians 3:2 "Set your minds on things above, not on earthly things."
- Romans 12:2 "Be transformed by the renewing of your mind."







Day 2: O Think About What You Watch

Devotional: Fill Your Mind With Beautiful Things

What goes into your mind is just as important as what comes out of your eyes. Philippians 4:8 gives us a list of qualities to focus on: what is true, noble, right, pure, lovely, and admirable. When you watch something, ask yourself — does it reflect these qualities?

It's easy to be distracted by exciting or funny shows, but some things can leave you feeling sad, angry, or confused. Colossians 3:2 reminds us to set our minds on things above — the things of God — instead of earthly things that can sometimes mislead us.

Romans 12:2 talks about being transformed by a new way of thinking. Every time you choose good entertainment, you help your mind grow and change to be more like Jesus. Try to fill your screen time with things that teach you kindness, honesty, love, and respect. Your mind is a powerful tool, so keep it pure and strong!







Day 2: 🔘 Think About What You Watch

Reflect and Apply

1.	What do you usually think about while watching your favorite shows?
2.	How can thinking about 'pure' and 'lovely' things change your daily feelings?
3.	Have you ever noticed how a negative show made you feel afterward?
4.	What are some examples of shows or videos that help you think about good things?







			







Day 2: O Think About What You Watch

Journaling Prompts

1.	. Write down three qualities from Philippians 4:8 you want to see in what you watch.			
2.	Describe how a positive show makes you feel both while watching it and after.			
3.	Make a list of shows or videos that remind you to think about God.			







Day 2: 🔘 Think About What You Watch

Prayer for Today

Dear God, thank You for teaching me to think about things that are pure and lovely. Help me choose what to watch wisely and fill my mind with good thoughts that come from You. Please remind me to focus on things that honor You and make me a better person. Thank You for always helping me. *Amen.*



















Your Verse

James 1:5 – "If any of you lacks wisdom, you should ask God... and it will be given to you."

Supporting Scriptures

- Psalm 119:9 "How can a young person stay on the path of purity? By living according to your word."
- Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."







Devotional: Seek God's Wisdom When Choosing

It's not always easy to choose good things to watch, but the Bible tells us we can ask God for wisdom. In James 1:5, God promises that if we ask Him for guidance, He will gladly give it to us. When you're unsure about a show or video, stop and pray for wisdom.

Psalm 119:9 encourages young people to stay pure by following God's word. Think about God's Word as a map that shows us the right way to go. When you trust God, like Proverbs 3:5 encourages, you don't have to rely only on your own ideas. God's wisdom is always better!

Next time you face a choice about what to watch, take a moment to ask God quietly for help. He wants you to make good choices because He loves you very much.







Reflect and Apply

1.	Why is it important to ask God for help with your choices?
2.	How can God's Word guide you in what you watch?
3.	Do you find it easy or hard to trust God's wisdom instead of your own?
4.	When was a time you asked God for help and He answered?













Journaling Prompts

1.	Write a prayer asking God for wisdom to choose pure content today.
2.	Recall a time you trusted God and what happened.
3.	Make a list of Bible verses you can remember when you need help.







Prayer for Today

Dear God, thank You for always being ready to help me. Please give me wisdom when I face choices about what to watch or do. Help me trust You completely and follow Your Word. I want my eyes and heart to stay pure, and I know You can help me with that. *Amen.* \bigwedge \square \lozenge

















Your Verse

Psalm 97:10 - "Let those who love the Lord hate evil."

Supporting Scriptures

- Romans 12:9 "Love must be sincere. Hate what is evil; cling to what is good."
- 1 John 3:3 "Everyone who has this hope purifies themselves, just as He is pure."







Devotional: Choose to Love Purity and Goodness

God wants us to truly love what is good and hate what is evil. Psalm 97:10 tells us that those who love the Lord will hate evil. That means we choose to stay away from things that hurt us or make us follow wrong paths.

Romans 12:9 teaches us to love sincerely and cling tightly to what is good. When you decide to love pure and kind things, you protect your heart from being spoiled. 1 John 3:3 says that because you hope in Jesus, you want to live a pure life just like Him.

Choosing good shows and games isn't just about rules — it's about loving God with your whole heart and showing that love by making healthy choices. Loving what is good makes your heart strong and joyful!







Reflect and Apply

1.	What does it mean to you to 'hate evil' and 'cling to good'?
-	
2.	How can loving God help you want to watch only pure things?
-	
3.	What kinds of shows or games help you feel love and goodness?
-	
4.]	How do you feel inside when you choose something healthy and pure?













Journaling Prompts

1.	List three good and pure things you love to watch or do.
2.	Write about why you want to love God more each day by your choices.
3.	Describe a time you chose good over something tempting.







Prayer for Today

Dear Lord, help me to love what You love and hate what You hate. Teach me to choose good, pure things that make my heart happy and honor You. I want to be more like Jesus every day and show my love for You through how I live and what I watch. *Amen.* \bigwedge \heartsuit \diamondsuit









Day 5: W Keep Your Heart Pure









Day 5: W Keep Your Heart Pure

Your Verse

Matthew 5:8 - "Blessed are the pure in heart, for they will see God."

Supporting Scriptures

- Proverbs 4:24 "Keep your mouth free of perversity; keep corrupt talk far from your lips."
- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."







Day 5: W Keep Your Heart Pure

Devotional: Guard and Purify Your Heart Daily

Jesus promised that the pure in heart are blessed and will see God. But what does it mean to have a pure heart? It means your thoughts and feelings are clean and focused on God, not on things that can hurt or confuse you.

Proverbs 4:24 tells us to keep our words clean and pure too. This helps protect our hearts and minds. When you watch things that are harmful, your heart can get dirty inside with bad feelings and thoughts.

Psalm 51:10 is a beautiful prayer asking God to create a pure heart inside us. It's okay to ask God to help you stay pure because sometimes it's hard to do on our own. When your heart is pure, you can enjoy God's presence more fully and live with joy and peace.







Day 5: 😂 Keep Your Heart Pure

Reflect and Apply

1.	Why do you think Jesus blesses those with pure hearts?
2.	How can your words affect the purity of your heart?
3.	When do you feel your heart is most pure?
4.	How can praying to God help you keep a pure heart?













Day 5: 🖏 Keep Your Heart Pure

Journaling Prompts

1.	Write a prayer asking God to make your heart pure today.
	Think about a time when you felt far from God and what helped you return.
	Describe ways you can keep your heart pure while watching TV or videos.







Day 5: W Keep Your Heart Pure

Prayer for Today

Lord Jesus, I want to be pure in heart like You. Please help me keep my thoughts, words, and choices clean and full of love. Create a pure heart in me and help me see You more clearly each day. Thank You for loving me and helping me grow. *Amen.* \bigwedge \bigotimes \bigotimes \bigotimes















Your Verse

Ephesians 6:11 – "Put on the full armor of God so that you can take your stand against the devil's schemes."

Supporting Scriptures

- 2 Corinthians 10:5 "Take every thought captive to make it obedient to Christ."
- Psalm 34:14 "Turn from evil and do good; seek peace and pursue it."







Devotional: Fight Temptation With God's Armor

Just like a soldier wears armor to keep safe, God gives us spiritual armor to protect ourselves from evil influences. Ephesians 6:11 tells us to put on God's full armor so we can stand strong.

Watching bad or harmful things is like letting a crack in your armor. It can let the devil's tricks into your heart. 2 Corinthians 10:5 reminds you to take every thought captive — that means refusing to let bad thoughts stay in your mind but instead making them obey Jesus.

Psalm 34:14 encourages us to turn from evil and seek peace. Choosing to watch pure content helps you do just that. When you have God's armor on, you can say no firmly and protect your heart and mind. Talk to God every day and ask Him to help you wear His armor well. That way, you'll stay safe and peaceful.







Reflect and Apply

1.	What are some ways you can put on God's armor every day?
2.	How does taking every thought captive help you stay pure?
3.	Why is peace important when making choices about what to watch?
4.	How can you use prayer to protect yourself from bad influences?













Journaling Prompts

1.	List the pieces of God's armor and how each can help you.
2.	Write about a time when you felt strong against temptation by trusting God.
3.	Plan a daily prayer asking God to help you wear His armor.







Prayer for Today

Father God, thank You for giving me armor to protect my heart and mind. Help me to wear it every day and stand strong against anything that wants to harm me. Teach me to take every thought captive and seek peace in all I do. Thank You for being my shield and strength. *Amen.* \bigwedge \bigcirc \bigvee \swarrow \bigcirc















Your Verse

Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."

Supporting Scriptures

- John 8:12 "Whoever follows me will never walk in darkness, but will have the light of life."
- Matthew 6:22 "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light."







Devotional: Let God's Light Guide Your Choices

When you choose what to watch, it's good to think of God's Word as a bright light in the darkness. Psalm 119:105 tells us that God's Word is like a lamp guiding us step by step.

Jesus said in John 8:12 that following Him means never walking in darkness but having the light of life. When your eyes are healthy (Matthew 6:22), your whole body will be full of light. This means choosing pure things helps you shine with God's love and joy.

Try to fill your screen time with stories and messages that honor God and help you grow closer to Him. When you do, you will see the right path more clearly and live in His wonderful light every day.







Reflect and Apply

1. Hov	w can God's Word help you decide what to watch?
 2. Wh	at does it mean to walk in God's light instead of darkness?
3. Hov	w do your viewing choices affect the light you carry inside?
4. Wh	at are some ways to keep your eyes and heart healthy?













Journaling Prompts

1.	Write about how God's Word has helped you make a good choice recently.
2.	Draw or describe a light guiding your path in life.
3.	List shows or activities that help you feel closer to God's light.







Prayer for Today

Dear Jesus, thank You for being my light and guide. Help me fill my heart and mind with Your Word so I can choose what is good and pure. Keep my eyes healthy and my heart full of Your love. I want to walk in Your light every day. *Amen.* \bigwedge \swarrow \bigcirc \bigcirc







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