



Level Up: Escaping Video Game Obsession to Live with Purpose



Break free from gaming obsession and rediscover your God-given purpose. This 3-day plan helps young men trade escapism for real life with Christ.

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Introduction

For many young men today, video games are more than a hobby—they become a second life, a place of escape, achievement, and identity. Whether it's hours spent grinding levels, chasing wins, or losing yourself in a fantasy world, the screen can start to replace real relationships, stifle spiritual growth, and bury your God-given calling.

Gaming itself isn't evil. It can offer entertainment, relaxation, and even connection. But when it consumes your thoughts, robs your time, or replaces your purpose—it becomes a form of bondage.

This 3-day study invites you to pause and ask:

Am I living the life God designed for me—or just playing one someone else created?

It's time to level up—not just in a game—but in your **soul**, your **mission**, and your **walk with Christ**.





Day 1: Is Gaming My Escape or My Identity?



Day 1: Is Gaming My Escape or My Identity?

Your Verse

Colossians 3:2-3 (NIV)

“Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God.”

Supporting Scriptures

- *1 Corinthians 6:12 (NIV)*

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered by anything.”



Day 1: Is Gaming My Escape or My Identity?

Devotional: When Escape Becomes Enslavement

It starts harmless—just a quick match or a late-night quest. But before long, gaming becomes your comfort zone, your fallback, even your identity. You begin to feel more alive **in the game** than in real life.

God wants your mind set **above**, not buried in a digital world. Paul reminds us: just because something is allowed doesn't mean it's good for you. The real question is—*Is it mastering you?*

Do you reach for your controller before you reach for your Bible?
Do you think more about your next level than your life's calling?
Do you feel restless when you're offline but not in God's presence?

Jesus didn't die for you to be **trapped in escape**. He died to give you **a mission**. And that mission starts with facing real life head-on, with courage and clarity.



Day 1: Is Gaming My Escape or My Identity?

Journaling Prompts

1. What do I run to when I feel stressed, bored, or lonely?

2. How much time do I spend gaming vs. spending with God or in real life pursuits?

3. What would my life look like if I gave God the time I give to gaming?



Day 1: Is Gaming My Escape or My Identity?

Prayer for Today

God, I've used games as my escape, my comfort, and even my identity. I confess that I've let them distract me from Your calling. I don't want to be mastered by a screen. Help me set my mind on things above and rediscover the life You've designed for me. Teach me to use my time wisely. Help me trade distraction for destiny. In Jesus' name, amen.



Day 2: Redeeming Your Time



Day 2: Redeeming Your Time

Your Verse

Ephesians 5:15–17 (NIV)

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord’s will is.”

Supporting Scriptures

- *Psalms 90:12 (NIV)*

“Teach us to number our days, that we may gain a heart of wisdom.”



Day 2: Redeeming Your Time

Devotional: Time Isn't Just a Resource—It's a Gift

Time isn't just ticking away—it's counting down. Every hour we spend is a choice we never get back.

Video games often blur that reality. One minute you're logging in, and the next, hours are gone. And if you're honest, you don't always feel fulfilled afterward—just *numb*.

God calls us to *redeem the time*—to live wisely and with purpose. He's not trying to rob your fun; He's trying to awaken your future.

Your time matters because **your mission matters**.

The world will try to sedate your spirit with endless distractions, but God wants to activate your soul with eternal vision.

Jesus never wasted a moment. Even in His rest, He had **intentionality**. Can the same be said for us?

You don't have to throw away gaming entirely—but if you don't set boundaries, your time won't just slip away—*your potential will too*.



Day 2: Redeeming Your Time

Journaling Prompts

1. How much time do I spend each week gaming versus working on my spiritual growth or future goals?

2. What does “redeeming the time” look like for me practically?

3. What could I do this week with even just one hour less of gaming?



Day 2: Redeeming Your Time

Prayer for Today

Lord, I confess I haven't always used my time wisely. I've allowed games to eat up hours that could've been invested in my growth, my relationships, and You. Teach me to number my days. Help me make every moment count for something that matters. Stir in me a desire to live on purpose—not just for pleasure. In Jesus' name, amen.





Day 3: Living a Story Worth Telling



Day 3: Living a Story Worth Telling

Your Verse

Hebrews 12:1–2 (NIV)

“Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.”

Supporting Scriptures

- *2 Timothy 4:7 (NIV)*

“I have fought the good fight, I have finished the race, I have kept the faith.”



Day 3: Living a Story Worth Telling

Devotional: The Real Adventure Is the One You're Called to Live

Games offer missions, levels, achievements, and purpose. But when the screen goes dark, many young men feel aimless. What if that's because we were made for a **real** mission—a divine one?

The Christian life isn't about sitting idle. It's about running a race—one filled with trials, triumphs, and transformation. The Bible calls us to **throw off** anything that holds us back. That includes the hours wasted in false adventures that distract us from the real one.

Jesus invites you into a life that's richer than any storyline a game can offer. A life of sacrifice, impact, and legacy. One day, you'll look back—what story will you have lived?

Will it be hours logged in a fantasy world—or lives changed because you showed up, took risks, and lived fully awake in Christ?

Don't just play a hero. **Become one** in the Kingdom of God.



Day 3: Living a Story Worth Telling

Journaling Prompts

1. What “weights” or distractions are slowing me down in my race for Christ?

2. How can I shift from a passive life to an active, mission-filled walk with God?

3. What kind of legacy do I want to leave? What changes can I make now to live that story?



Day 3: Living a Story Worth Telling

Prayer for Today

Jesus, I want to live a story that brings You glory. I don't want to waste my life in fake adventures while the real one passes me by. Help me run my race. Help me throw off distractions, laziness, and addiction. Give me courage to say no to shallow comfort and yes to Your higher calling. I fix my eyes on You, the author of the greatest story ever told. Write my life into Yours. Amen.





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