Staying Pure Online: A Teen's Guide to Digital Integrity



A 7-day Bible study plan helping teens navigate online purity, grounded in Scripture and practical application for godly living.





Table of contents

Introduction	3
Day 1: X Foundation of Purity	4
Day 2: Guarding Your Thoughts	10
Day 3: Setting Boundaries Online	16
Day 4: 4 The Power of Accountability	22
Day 5: A Embracing Forgiveness	28
<u>Day 6: Shining Your Light</u>	34
Day 7: Staying Committed Daily	40







Introduction

In today's digital age, staying pure online presents unique challenges for teens. The internet offers incredible opportunities for learning and connection but also exposes us to temptations and risks that can harm our minds, hearts, and spiritual well-being. This study is designed to help you, as a teen, understand how God's Word guides us in living with integrity and purity even in the digital world.

God's call to purity is not just about avoiding the wrong, but embracing His truth and love fully. In this plan, we will explore key Scriptures that speak about purity, self-control, and the power of God's Spirit to help you make wise choices online. You will find encouragement and practical ways to honor God with your thoughts, words, and actions while using digital devices responsibly.

Each day includes reflections on Scripture, questions to help you dig deeper, journaling prompts to personalize your journey, and prayers to strengthen your heart. Remember, purity is a daily commitment, empowered by God's grace. Let's launch into this seven-day journey together — discovering freedom and purpose as you stay pure online! \bigwedge

















Your Verse

Psalm 119:9 - How can a young person stay on the path of purity? By living according to your word.

Supporting Scriptures

- 1 Timothy 4:12 Set an example for believers in speech, conduct, love, faith and purity.
- Philippians 4:8 Think about things that are true, noble, right, pure, lovely and admirable.







Devotional: Building Your Purity on God's Word

Purity begins with God's Word. Psalm 119:9 reminds us that staying pure starts by following God's commands. In a world full of distractions and temptations, especially online, God's Word is like a light that shows us the right path. Paul encourages young believers in 1 Timothy to be examples through purity. This means your actions and decisions online matter—they reflect your faith.

What you focus on matters. Philippians urges us to fill our minds with good things because our thoughts influence our choices. So, when you're online, make conscious decisions about what you view and share. Choose content that uplifts and encourages your purity journey.

This day invites you to commit to starting your purity journey grounded in Scripture. Let God's Word be your guide amid digital noise and build a foundation that will keep you strong.







Reflect and Apply

1.	How does God's Word help you when faced with temptations online?
2.	In what ways can your online actions be an example to others?
3.	What types of content help you stay pure and focused on God's truth?







Journaling Prompts

1.	List three ways you can rely on Scripture when tempted online.
2.	Write about a time you chose purity despite peer pressure.
3.	Describe what purity means to you in your digital habits.







Prayer for Today

Dear God, thank You for giving us Your Word as a guide to live pure and holy lives. Help me to remember Your truths when I am online and facing temptations. Strengthen me to choose what is pure and pleasing to You and to be an example for others. Fill my heart and mind with things that honor You. I trust Your Spirit to help me walk the path of purity every day. *Amen.*



















Your Verse

2 Corinthians 10:5 - We demolish arguments and every pretension that sets itself up against the knowledge of God, taking captive every thought to make it obedient to Christ.

Supporting Scriptures

- Romans 12:2 Be transformed by the renewing of your mind so you may discern God's will.
- Proverbs 4:23 Above all else, guard your heart, for everything you do flows from it.







Devotional: Taking Every Thought Captive to Christ

Our thoughts shape our actions, especially online. 2 Corinthians 10:5 teaches us to take every thought captive and make it obedient to Christ. This means controlling what we allow ourselves to think about instead of letting harmful ideas and temptations take root.

Renew your mind daily. Romans 12:2 calls us to transformation through changing our thinking. Every time you scroll through social media or watch videos, ask God to help you filter what you see through His truth. Proverbs 4:23 reminds us that our heart is the source of life, so guarding your inner world is crucial for purity.

Today, focus on identifying negative or tempting thoughts that emerge when online. Pray for the strength to redirect your mind toward godly things. Remember, guarding your thoughts is a powerful step toward staying pure.







Reflect and Apply

1.	What thoughts commonly trouble you when you go online?
2.	How can you practice taking those thoughts captive?
3.	What steps can renew your mind consistently each day?







Journaling Prompts

2. Describe how renewing your mind change	es your online experience.
3. List verses or truths to help guard your hea	rt from temptation.







Day 2: Guarding Your Thoughts

Prayer for Today

Lord Jesus, I ask You to help me control my thoughts and bring them into obedience to You. When I am tempted or confused online, remind me to think of what is true, honorable, and pure. Help me guard my heart so that my words and actions reflect Your love and holiness. Renew my mind daily, Lord, and keep me strong in purity. *Thank You for Your grace.* Amen.











Day 3: Setting Boundaries Online









Day 3: A Setting Boundaries Online

Your Verse

Proverbs 25:28 - Like a city whose walls are broken through is a person who lacks self-control.

Supporting Scriptures

- Galatians 5:22–23 The fruit of the Spirit is self-control among other virtues.
- 1 Corinthians 10:13 God provides a way out when tempted.







Day 3: A Setting Boundaries Online

Devotional: Protecting Purity Through Self-Control

Boundaries protect your purity like walls protect a city. Proverbs 25:28 illustrates how important self-control is. Online, without boundaries, it's easy to give in to temptation or become addicted to harmful content.

The Holy Spirit gives us the fruit of self-control. Galatians 5:22–23 reminds us that self-control is a sign of the Spirit's work in our lives. Setting clear limits on your internet use, avoiding certain sites, or having accountability partners are practical ways to exercise that self-control.

Also, 1 Corinthians 10:13 offers hope—God will not let you be tempted beyond what you can bear and always provides an escape route. Trust Him to give you strength to obey your boundaries and honor God with your digital life.







Day 3: <a>Setting Boundaries Online

Reflect and Apply

1.	Where do you need better boundaries in your digital life?
2.	How does self-control reflect your faith in God?
3.	What steps can you take to strengthen your online boundaries?







Day 3: <a>Setting Boundaries Online

Journaling Prompts

	Describe the boundaries you currently have online and if they are effective.
2.	Write about a time when self-control helped you avoid a bad choice.
3.	Plan a new boundary you want to implement for your purity.







Day 3: A Setting Boundaries Online

Prayer for Today

God, thank You for the gift of self-control through Your Spirit. Help me to set and respect healthy boundaries online. When I'm tempted, remind me of the way out You provide. Give me strength to honor You by guarding my digital habits. Protect my heart and mind as I seek purity in this connected world. *In Jesus' name, Amen.*

















Your Verse

James 5:16 - Confess your sins to each other and pray for each other so that you may be healed.

Supporting Scriptures

- Ecclesiastes 4:9–10 Two are better than one; if one falls, the other can help up.
- Galatians 6:2 Carry each other's burdens, and in this way you will fulfill the law of Christ.







Devotional: Finding Strength in Honest Accountability

You don't have to face online temptations alone. James 5:16 reveals the healing power of confessing struggles to trusted friends or mentors and receiving prayer. Accountability helps you stay honest and focused on purity.

Friendship is a gift from God. Ecclesiastes reminds us that support in hard times is essential. When you have an accountability partner, they can help you get back on track and encourage you in your walk with Christ.

Galatians calls us to carry each other's burdens. This includes struggles with online purity. Seek out someone you trust—whether a parent, youth leader, or friend—to share your challenges and victories. Together, you are stronger in resisting temptation.







Reflect and Apply

1.	Who in your life can you trust to hold you accountable?
2.	How can confessing your struggles bring healing?
3.	What fears or barriers might keep you from seeking accountability?







Journaling Prompts

1.	Write about someone you can partner with for accountability.
2.	Reflect on a time when sharing a struggle helped you.
3.	List ways to encourage and support others battling temptation.







Prayer for Today

Lord, thank You for giving me friends and mentors to walk alongside me. Please guide me to trustworthy people who can encourage and pray for me as I strive to stay pure. Help me to be honest about my struggles and to seek help without shame. Strengthen our bonds so we can carry each other's burdens and honor You together. *Amen.*



















Your Verse

1 John 1:9 - If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Supporting Scriptures

- Psalm 103:12 As far as the east is from the west, so far has He removed our transgressions from us.
- Ephesians 4:32 Be kind and forgiving to one another, just as God forgave you.







Devotional: Freedom Through God's Forgiveness

Purity isn't about perfection; it includes God's grace and forgiveness. When you stumble or make mistakes online, 1 John 1:9 promises that God is faithful to forgive and cleanse you.

God removes our sins completely. Psalm 103:12 compares forgiveness to infinite separation, assuring us that He doesn't hold our past mistakes against us when we repent.

Also, Ephesians encourages us to reflect God's kindness by forgiving ourselves and others. Accepting forgiveness frees you from shame and empowers you to keep striving for purity with hope and confidence.

If you feel weighed down by guilt about your online choices, bring it to God and receive His healing today.







Reflect and Apply

1.	How does God's forgiveness give you hope when you fail?
2.	What keeps you from accepting His grace fully?
3.	How can forgiving yourself help you move forward in purity?







Journaling Prompts

1.	Write down what forgiveness means to you personally.
2	Describe a time you experienced God's mercy after an online mistake.
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3.	List ways you can forgive yourself and others more deeply.







Prayer for Today

Gracious Father, thank You for Your endless forgiveness and love. When I mess up online or feel trapped by guilt, help me to confess honestly and accept Your cleansing power. Renew my heart and help me forgive myself as You have forgiven me. Give me courage to start again each day with purity as my goal. *In Jesus' name, Amen.*











Day 6: Shining Your Light









Day 6:
Shining Your Light

Your Verse

Matthew 5:16 - Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Supporting Scriptures

- Philippians 2:15 Live as children of God without fault in a crooked world.
- Titus 2:7-8 Show integrity, seriousness, and soundness of speech.







Day 6:
Shining Your Light

Devotional: Being a Digital Light for God

God calls you to be a light in the digital world. Jesus reminds us in Matthew 5:16 that our actions online can point others to God. Your purity and integrity have the power to influence friends, social media followers, and anyone you connect with digitally.

Living blamelessly shines in a dark world. Philippians encourages believers to stand out by living without fault. This means making choices that honor God, even if it's unpopular.

Titus urges us to demonstrate integrity in what we say and do. Your words and posts should reflect your faith and help others see God's goodness. Use technology to build up, encourage, and bring glory to Him through your digital presence.







Day 6: 🖓 Shining Your Light

Reflect and Apply

1.	How can your online behavior reflect God's light?
2.	Are there ways you hide your faith online? Why?
3.	What good deeds can you do in digital spaces to glorify God?







Day 6: 🖓 Shining Your Light

Journaling Prompts

1.	Write about how you can shine your light in social media.
2.	Reflect on a moment you influenced someone online through kindness.
3.	Plan one way you will demonstrate integrity in your posts or comments.







Day 6:
Shining Your Light

Prayer for Today

Lord Jesus, help me to let my light shine brightly online and offline. Give me courage to make choices that honor You even when it's hard. Use my digital presence for Your glory and to encourage others in purity and faith. Help me demonstrate integrity and kindness in every word and action. *Amen.*



















Day 7: Staying Committed Daily

Your Verse

Galatians 6:9 - Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Supporting Scriptures

- Joshua 1:9 Be strong and courageous; do not be afraid or discouraged.
- Hebrews 12:1 Run with perseverance the race marked out for us.







Day 7: Staying Committed Daily

Devotional: Persevering in Purity Every Day

Staying pure online is a daily race requiring perseverance. Galatians 6:9 encourages us not to grow weary but to keep doing what is right, trusting God will reward your faithfulness.

God commands strength and courage. Joshua 1:9 reminds young believers like you to be bold and not give in to fear or discouragement, even when temptation feels intense.

Hebrews compares purity to running a race that demands stamina. It's not a one-time decision but continual commitment. Celebrate small victories and seek God's strength each day.

Commit now to daily living that pleases God in your thoughts, words, and online choices. He is with you, cheering you on!







Day 7: **()** Staying Committed Daily

Reflect and Apply

1.	What challenges make you want to give up on purity online?
2.	How can you remind yourself to stay strong and courageous?
3.	What daily habits will help you persevere in your purity journey?







Day 7: **()** Staying Committed Daily

Journaling Prompts

1.	Write about your biggest purity victories so far.
2.	List three ways to stay encouraged when feeling weak.
3.	Create a commitment statement to live pure online.







Day 7: Staying Committed Daily

Prayer for Today

Heavenly Father, thank You for the strength You give to keep going when the journey feels hard. Help me not to grow weary in staying pure online and choosing what honors You. Fill me with courage and perseverance to run this race faithfully. Remind me daily that You are with me and that victory is coming. *In Jesus' name, Amen.*

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