

# Digital Discipleship & Cyber Stewardship

Book 1 – Identity &  
Alignment

Workbook (Free Download)

This book stands on its own. You do not need to complete the entire series to benefit from this phase.

This workbook is provided freely so that cost is never a barrier to discipleship, healing, or growth.

Printed copies are available at cost for convenience.

This student workbook is designed to guide you through reflection, journaling, and practical exercises as you discover who God created you to be—spiritually, personally, and digitally.

Use this workbook throughout the week as you:

- Explore Scripture
- Reflect on purpose
- Understand your gifts
- Assess your digital habits
- Begin shaping your purpose statement

## Phase 1 – Identity & Alignment

### Week 1 - 3

#### **Week 1 — Soul Search: Identity in Christ**

“Before we change what we do, we must understand who we are.”

This workbook section is a private space for prayerful reflection. There are no right or wrong answers. Be honest. Go slowly. Invite God into the process.

#### Opening Prayer

*Lord, as I reflect, help me see myself as You see me.*

*Quiet the noise, remove false labels, and reveal truth.*

*Give me clarity, courage, and peace as I begin this journey.*

*Amen.*

#### Section 1: Identity Inventory

##### 1. Labels I've Carried

Write down words, titles, or identities that have shaped how you see yourself.

(Some may be positive. Others may be painful.)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### Reflection:

Which of these identities came from God—and which came from culture, comparison, or circumstance?

##### 2. Identity Check

Circle the statements you most often believe (even subconsciously):

- I am valued when I am productive
- I am defined by my past mistakes
- I am only as good as my performance
- I am invisible or overlooked
- I am loved and chosen by God
- I am anxious about the future
- I am confident in my calling

##### Journal:

What do these patterns reveal about how you see yourself?

## Section 2: Scripture & Identity

Read each Scripture slowly. Then write what it reveals about who you are in Christ.

Jeremiah 29:11

What does this verse say about God's intention for your life?

• \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Romans 12:6–8

What does this passage suggest about how God designs people differently?

- \_\_\_\_\_
- \_\_\_\_\_

Psalm 139:13–14

How does this Scripture challenge negative or false beliefs about yourself?

- \_\_\_\_\_
- \_\_\_\_\_

### Section 3: Gifts & Early Clues

You don't need all the answers yet. This section is about noticing patterns.

#### 1. Natural Strengths

What are things that come naturally to you (even if you don't always value them)?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 2. Affirmation from Others

What do people often thank you for, ask you for help with, or notice about you?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 3. Burdens of the Heart

What problems, injustices, or needs consistently bother you?

- \_\_\_\_\_
- \_\_\_\_\_

### Section 4: Digital Reflection

Your digital habits often reflect what you believe about yourself.

1. When I'm tired, discouraged, or bored, I usually turn to:

- \_\_\_\_\_

2. After spending time online, I most often feel:

- Energized
- Distracted
- Anxious
- Encouraged
- Numb
- Inspired

(You may circle more than one.)

Reflection:

What might this say about what you are seeking?

- \_\_\_\_\_
- \_\_\_\_\_

## Section 5: Releasing False Identity

Write a short prayer releasing labels or beliefs that do not align with God's truth.

Lord, I release the belief that I am

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I receive Your truth that I am

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Help me walk in this truth with humility and confidence.

Amen.

## Section 6: Purpose Statement (First Draft)

This is a draft, not a final version.

Complete the sentence below without overthinking it:

“God created me to...”

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You will revisit and refine this statement later in the course.

## Closing Reflection

- What stood out to you most in this workbook?
- What felt affirming?
- What felt uncomfortable—but important?
- \_\_\_\_\_

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## Encouragement

You are beginning a journey—not solving everything in one week.

God is patient.

Purpose unfolds over time.

Identity is received, not achieved.

“You are God’s workmanship.” — Ephesians 2:10

## **Week 2 — Soul Search: Gifts, Personality & Calling**

“God does not call people randomly—He calls them according to how He designed them.”

This workbook continues the Soul Search process. Do not rush. You are not expected to have clear answers yet. You are practicing listening, noticing, and discerning.

### **Opening Prayer**

*Father God, thank You for creating me intentionally.*

*As I reflect this week, help me notice the gifts You've placed within me.*

*Quiet comparison, remove pressure, and replace confusion with clarity.*

*Teach me to see myself as Your workmanship.*

*Amen.*

## Section 1: Understanding God's Design

### Scripture Reflection

Read each passage slowly. Write what stands out to you.

Romans 12:6–8

What does this passage teach you about spiritual gifts?

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1 Corinthians 12:4–7

What does this passage reveal about diversity and purpose?

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Proverbs 20:5

What does this verse suggest about discovering purpose?

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## Section 2: Spiritual Gifts Discovery

You may already know some of your spiritual gifts—or this may be new. Either is okay.

### 1. Gifts You Recognize in Yourself

List any spiritual gifts you believe God may have given you.

(Examples: encouragement, teaching, serving, leadership, mercy, discernment, generosity, wisdom)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Gifts Others Have Affirmed

What gifts or strengths have others noticed or spoken over you?

- \_\_\_\_\_
- \_\_\_\_\_

### Reflection

Which gifts feel life-giving when you use them?

- \_\_\_\_\_

### Section 3: Natural Talents & Abilities

Spiritual gifts often work alongside natural abilities.

#### 1. Skills & Abilities

List abilities you've developed through life experience, work, or hobbies.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 2. What Comes Naturally?

What feels intuitive or easy for you (even if you don't always value it)?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Section 4: Personality & Environment

God often calls people into environments that match how they are wired.

#### 1. Energizers vs. Drainers

I feel energized when I am:

- With people
- Alone
- Creating
- Organizing
- Helping others
- Solving problems
- Teaching or explaining

(Circle any that apply.)

I feel drained when I am:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Reflection

What environments help you thrive?

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## Section 5: Burdens, Passions & Compassion

Calling is often revealed through what moves your heart.

### 1. Burdens You Carry

What problems or needs consistently affect you emotionally?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Passions & Interests

What topics, causes, or activities capture your interest deeply?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Reflection

How might these burdens and passions connect to your calling?

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## Section 6: Digital Life Reflection

Your digital habits can reveal where your gifts and interests show up.

### 1. Online Activities That Feel Meaningful

What types of content or interactions feel purposeful to you online?

- \_\_\_\_\_
- \_\_\_\_\_

### 2. Online Activities That Feel Draining

What digital spaces leave you feeling empty or frustrated?

- \_\_\_\_\_
- \_\_\_\_\_

### Reflection

What does this reveal about where your gifts may—or may not—be used well?

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## Section 7: Calling Clues (Not Conclusions)

You are not finalizing anything yet. Simply notice patterns.

Based on this week's reflections, I notice:

- Strengths:

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- Gifts:

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- Passions:

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- Burdens:

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## Section 8: Purpose Statement (Revisit)

Return to your purpose statement from Week 1.

“God created me to...”

Rewrite or adjust it if something new stands out:

• \_\_\_\_\_

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## Closing Reflection

- What felt affirming this week?
- What felt unclear or confusing?
- What do you want to keep praying about?

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## Encouragement

Calling is revealed over time, not all at once.

God is not in a hurry.

He is patient, intentional, and faithful.

“We have different gifts, according to the grace given to each of us.” — Romans 12:6

## **Week 3 — Soul Search: Digital Habits & Purpose Alignment**

“What we do consistently shapes who we become.”

This week is about alignment, not restriction. You are not being asked to fix everything. You are being invited to notice patterns, listen to God, and begin making intentional choices.

### **Opening Prayer**

*Lord, as I reflect this week, help me see clearly.*

*Show me where my habits support the life You're calling me to live*

*and where they quietly pull me away.*

*Give me wisdom without shame and conviction wrapped in grace.*

*Amen.*

## Section 1: Scripture & the Heart

Read each passage slowly. Sit with it before writing,

Romans 12:1–2

What does this passage teach you about transformation and habits?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Proverbs 4:23

What does it mean to guard your heart in daily life?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Colossians 3:1–3

How does this passage speak to where you set your attention?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Section 2: Digital Habit Awareness

This section is about honest observation, not judgment.

### 1. My Most Common Digital Habits

List the digital activities you engage in most days.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. When I Use Technology the Most

I most often reach for screens when I am:

- Tired
- Stressed
- Lonely
- Bored
- Avoiding something
- Relaxing
- Seeking connection

(Circle all that apply.)

Reflection

What patterns do you notice?

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### Section 3: Emotional & Spiritual Impact

Digital habits shape how we feel and think.

#### 1. After Spending Time Online, I Often Feel:

- Encouraged
- Informed
- Anxious
- Distracted
- Inspired
- Numb
- Restless
- Content

(Circle all that apply.)

#### 2. Habits That Strengthen Me

Which digital habits help you feel more focused, peaceful, or connected to God?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

#### 3. Habits That Drain Me

Which habits tend to weaken your peace, focus, or joy?

- \_\_\_\_\_
- \_\_\_\_\_

### Section 4: Alignment with Calling

Return to what you discovered about your gifts and calling.

#### 1. My Gifts & Calling Tendencies

List 2–3 gifts or calling clues from Weeks 1–2.

- \_\_\_\_\_
- \_\_\_\_\_

#### 2. Alignment Check

Answer honestly:

- My current digital habits mostly:
- Support my calling
- Compete with my calling
- Distract me from my calling
- I'm not sure yet

#### Reflection

Where do you see alignment—or misalignment?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Section 5: Digital Idolatry Check (Grace-Filled)

Idolatry is giving something a place only God should have.

Reflect on these questions:

- Do I turn to screens before I turn to God?
- Do I seek validation online more than from God?
- Do I use digital spaces to escape rather than rest?
- Do my habits crowd out prayer, rest, or relationships?

Write what stands out:

## Section 6: Small, Faithful Adjustments

God usually invites small steps, not drastic change.

## 1. One Habit to Reduce or Release

What is one digital habit God may be asking you to loosen?

• \_\_\_\_\_

## 2. One Habit to Strengthen or Add

What is one habit that would better support your calling?

• \_\_\_\_\_

### 3. One Boundary to Try This Week

Keep it realistic and gentle.

• \_\_\_\_\_

## Section 7: Purpose Statement (Refine)

Return again to your purpose statement.

“God created me to...”

Rewrite it slowly, prayerfully:

- \_\_\_\_\_  
\_\_\_\_\_

What changed from last week?

- \_\_\_\_\_

Closing Reflection

1. What did God highlight most clearly this week?
2. What felt challenging?
3. What felt freeing?

- \_\_\_\_\_  
\_\_\_\_\_

Closing Prayer

*Lord, thank You for meeting me with grace.*

*Help me choose habits that bring life, peace, and alignment.*

*Teach me to steward my attention in ways that honor You.*

*Lead me step by step into the life You are calling me to live.*

*Amen.*

Encouragement

Alignment happens over time.

Faithfulness is often quiet.

“Whoever is faithful with little will be faithful with much.” — Luke 16:10

## Scripture Reference Guide & Glossary

### Digital Discipleship — Combined Scripture

#### Appendix

This appendix contains all Scriptures used throughout Weeks 1–13, organized by theme and teaching purpose. It serves as a quick-reference glossary for instructors, students, and ministry leaders.

- Ephesians 5:15–16 “Be very careful, then, how you live...” Use: Digital wisdom
- Proverbs 4:23 “Guard your heart above all else...” Use: Media intake, spiritual safeguarding
- 1 Peter 5:8 “Be alert and sober-minded...” Use: Vigilance, digital deception
- Hosea 4:6 “My people perish for lack of knowledge...” Use: Digital literacy & awareness
- 2 Corinthians 11:14 “Satan masquerades as an angel of light...” Use: Online impersonation & deception
- Proverbs 14:15 “The simple believe anything...”

Use: Discernment checklist

- Matthew 5:28–29
- Teachings on purity and radical boundaries
- Use: Digital temptation & hidden pathways
- Psalm 101:3

- “I will set no worthless thing before my eyes...”

Use: Media intake, home atmosphere

- Ephesians 5:15–16 (Revisited)
- Use: Marriage transparency, careful living
- Luke 16:10 “Whoever is faithful in little...”

Use: Stewardship of digital habits

- Psalm 119:37 “Turn my eyes from worthless things...” Use: Digital idolatry
- James 1:5 “If any lacks wisdom...” Use: Decision-making & technology
- Galatians 5:22–23 Fruit of the Spirit Use: Online behavior, digital kindness

Identity & Purpose

- Jeremiah 29:11, Ephesians 2:10, Romans 12:6–8

Wisdom & Discernment

- Ephesians 5:15–16, Proverbs 14:15, 1 Peter 5:8

Purity & Boundaries

- Matthew 5:28–29, Proverbs 4:23, Psalm 101:3

Family & Marriage

- Ephesians 5:15–16, Proverbs 4:23

Protection & Security

- Nehemiah 4:13–14, Proverbs 27:12,  
Psalm 121:7–8

### Stewardship & Digital Habits

- Luke 16:10, Psalm 119:37

## Appendix A — Top 20 Cyber Safety Trends of 2025

### 1. Total Data Integration

All apps, devices, wearables, vehicles, and smart-home systems increasingly merge user data into unified behavioral profiles.

Impact: Increased exposure of sensitive lifestyle details.

### 2. Behavioral Exploitation Attacks

AI analyzes browsing patterns, mood cycles, and habits to craft tailored scams.

Impact: Hyper-personalized deception.

### 3. Algorithmic Identity Shaping

Platforms use emotional engagement models that influence beliefs, self-worth, and worldview.

Impact: Identity distortion — especially in youth.

### 4. Deepfake Normalization

AI-generated video/voice requires only seconds of audio.

Impact: Impossibly realistic impersonation threats.

### 5. Credential Stuffing Surge

AI-driven password testing using exposed credentials.

Impact: Account takeovers via reused passwords.

### 6. Hyper-Targeted Attacks

Scams based on:

- Career

- Church involvement

- Family makeup

- Purchasing history

## 7. SMS Hijacking & SIM Swaps

Attackers take control of phone numbers.

Impact: Loss of accounts tied to SMS 2FA.

## 8. AI-Driven Impersonation

Threat actors scrape writing patterns, photos, and relationship graphs.

Impact: Pastor, spouse, boss, or friend impersonation.

## 9. Private-Mode Culture

Widespread use of disappearing messages, secret browsers, and hidden apps.

Impact: Hidden behaviors in homes and relationships.

## 10. AI-Generated Phishing

Scams are grammatically perfect, contextual, and emotionally tuned.

Impact: Harder to detect with traditional training.

## 11. Emotional Exploitation Engines

Apps optimized to trigger:

- Anxiety

- Envy

- Addiction

- Escapism

## 12. Emotional Engineering Scams

Manipulation based on audience psychology.

Impact: High success rates among teens & elderly.

## 13. Household Device Surveillance Abuse

Cheap smart devices now harvest:

- Audio patterns
- Conversations
- Room activity

## 14. Child-Focused Exploit Strategies

Attackers use gaming chats, influencer channels, and AI-faked peer profiles.

## 15. Digital Boundary Erosion

Work, school, ministry, and home blend with no protected mental spaces.

## 16. Spiritual & Emotional Manipulation Algorithms

Content recommendations shape worldview, faith, mood, and identity.

## 17. Compromised App Ecosystems

Malicious apps hidden in app stores.

## 18. Home Network Exploit Kits

Plug-and-play hacking kits sold on darknet.

## 19. Cloud Account Abuse

Family cloud accounts misused for access to photos, location data, and private content.

20. Faith-Based Digital Engagement Growth  
Churches increasingly rely on online platforms.  
Opportunity: Cyber-safe ministry volunteers are now essential.

## **APPENDIX B - Potential Answers and Reflections**

### Purpose of This Appendix

This appendix is provided as a supportive reference, not an answer key. The reflections below are examples only, intended to help participants who may feel stuck, overwhelmed, anxious, or unsure how to begin. These examples are designed to reduce pressure, normalize the process, and reinforce that discipleship is formational, not performative.

Participants are encouraged to use these examples only as prompts. Personal honesty, prayerful reflection, and grace-filled growth remain the goal.

## Phase 1 — Soul Search (Weeks 1–3)

### Week 1 — Identity in Christ

#### Possible Labels I've Carried

- The responsible one
- The anxious one
- The overlooked one
- The helper
- Not enough

#### Sample Reflection Insight

Some of these identities were shaped by survival, performance,

or circumstance rather than by God's truth.

#### Scripture Reflection Examples

Jeremiah 29:11: God's plans for my life are intentional, hopeful, and not defined by my past.

Romans 12:6–8: God designs people differently on purpose; comparison is unnecessary.

Psalm 139:13–14: My existence is intentional, and my wiring has value.

#### Digital Reflection Example

When tired or discouraged, I often turn to scrolling or streaming. After spending time online, I frequently feel distracted or numb.

#### Releasing False Identity — Sample Prayer

"Lord, I release the belief that I am only valuable when I perform. I receive Your truth that I am loved, chosen, and known."

## Purpose Statement (First Draft — Example)

"God created me to grow, heal, and reflect His love to others."

### Week 2 — Gifts, Personality & Calling

#### Possible Gifts I Recognize

- Encouragement
- Discernment
- Teaching
- Compassion

#### Affirmation From Others — Examples

"You explain things clearly."

"You listen without judgment."

"You make people feel safe."

#### Energizing Environments

- Meaningful conversations
- Creating or building
- Helping others understand complex ideas

#### Burdens of the Heart — Examples

- People feeling unseen or unheard
- Confusion around identity or purpose
- Emotional isolation

#### Calling Clues — Sample Summary

- Strengths: Listening, explaining, protecting

- Passions: Faith, wisdom, justice
- Burdens: Anxiety, confusion, neglect

#### Updated Purpose Statement — Example

“God created me to bring clarity, care, and hope where people feel overwhelmed.”

### Week 3 — Digital Habits & Purpose Alignment

#### Common Digital Habits — Examples

- Social media scrolling
- Late-night video watching
- Messaging when feeling lonely

#### Pattern Awareness Example

I reach for screens most often when I am tired, stressed, or avoiding difficult emotions.

#### Habits That Strengthen Me

- Worship music
- Scripture or prayer apps
- Intentional communication with trusted people

#### One Small Adjustment — Example

Reducing late-night scrolling and replacing it with prayer or quiet reflection

#### Refined Purpose Statement — Example

“God created me to steward my attention wisely and live with intention.”