

Digital Discipleship & Cyber Stewardship

Book 3 — Protection
& Commissioning

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 3 – Protection & Commissioning

Week 7 - 12

Week 7-8 — Discernment & Deception: Learning to See Clearly

“Discernment is not suspicion—it is wisdom guided by truth.”

This week begins a new phase. You are not being trained to fear the digital world, but to recognize patterns, slow down, and respond with clarity and peace.

Opening Prayer

Lord, give me eyes to see clearly and a heart anchored in truth.

Teach me to recognize deception without fear

and to respond with wisdom rather than urgency.

Guard my mind and help me walk in discernment.

Amen.

Section 1: Scripture & Discernment

Read each passage slowly. Pause before writing.

1 Peter 5:8

What does this verse teach about alertness and awareness?

Proverbs 14:15

How does this Scripture describe wise versus unwise responses?

2 Corinthians 11:14

What does this verse reveal about how deception often appears?

Section 2: Understanding Deception

Deception often works quietly and subtly.

Reflect on These Statements

Check any that feel familiar:

- I've trusted something online that later felt questionable
- I've responded quickly because something felt urgent
- I've assumed messages were safe because they looked familiar
- I've felt embarrassed after realizing something was deceptive

Reflection

What do these experiences teach you about how deception works?

Section 3: Emotional Triggers

Deception often targets emotions rather than logic.

1. Emotions That Make Me React Quickly

Circle any that apply:

- Fear
- Urgency
- Compassion
- Excitement
- Curiosity
- Pressure to help
- Anxiety

Reflection

Which emotions most affect your decision-making online?

Section 4: Awareness Without Shame

Discernment grows through learning, not perfection.

Reflect:

- How do you usually respond when something feels “off”?
- Do you pause—or push forward?
- What helps you slow down?

Write honestly:

Section 5: Discernment as a Spiritual Practice

Discernment is strengthened through spiritual habits.

Consider the following:

- Prayer before reacting
- Scripture as a filter for truth
- Seeking wise counsel
- Allowing time before responding

Which of these practices feel most helpful right now?

Section 6: One Awareness Practice This Week

Choose one practice to try this week:

- Pausing before responding to unexpected messages
- Praying briefly when something feels urgent
- Asking a trusted person for input
- Waiting before clicking links

My Practice for This Week:

Section 7: Discernment Commitment

Complete the sentence below:

“When something feels urgent or emotional online, I will...”

Closing Reflection

What stood out to you most this week?

What felt reassuring?

What felt challenging—but important?

Closing Prayer

Lord, thank You for being the God of truth.

Teach me to walk with clarity and peace.

*Help me recognize deception without fear
and respond with wisdom rooted in You.*

Amen.

Encouragement

- Discernment grows with practice.
- You do not need to know everything.
- You need to know where to turn for truth.

“If any of you lacks wisdom, you should ask God.” — James 1:5

Phase 4 – Family & Relationships

Week 9 — Family & Relationships

Protecting Trust, Integrity & Adult Digital Boundaries

“Healthy boundaries do not restrict love—they protect it.”

This week focuses on relationships and trust. The goal is not control or suspicion, but wisdom, integrity, and intentional care for the people God has placed in your life.

Opening Prayer

Lord, thank You for the relationships You have entrusted to me.

Teach me to love with wisdom, honesty, and integrity.

Show me where boundaries protect trust and where grace is needed.

Help my digital choices reflect Your love and faithfulness.

Amen.

Section 1: Scripture & Relationships

Read each passage slowly. Reflect before writing.

Proverbs 4:23

How does guarding your heart relate to protecting relationships?

Matthew 5:28–29

What does Jesus teach about protecting the heart before harm occurs?

Ephesians 5:15–16

How does wisdom apply to how you relate to others digitally?

Section 2: Technology & Connection

Technology affects how we connect—often in subtle ways.

Reflect on the Following

Check any that feel familiar:

- I use my phone during conversations
- I multitask digitally when with others
- I feel pulled toward screens during quiet moments
- I sometimes share more online than in person

Reflection

What do these habits reveal about attention and presence?

Section 3: Digital Drift Awareness

Digital drift happens gradually.

Signs of Drift May Include:

- Less quality conversation
- Increased distraction
- Emotional sharing online instead of with trusted people
- Defensiveness when habits are questioned

Which signs feel most relevant to you?

Section 4: Integrity & the Heart

Integrity means consistency between private and public life.

Reflect Honestly:

- Are there digital spaces you wouldn't want others to see?
- Do any habits feel hidden or secretive?
- Do your online behaviors align with your values?

Write what stands out:

Section 5: Boundaries as Protection

Boundaries are not about mistrust—they are about care.

Possible Boundary Areas:

- Social media interactions
- Private messaging
- Late-night screen use
- Content consumption
- Emotional sharing online

Which area feels most important to address?

Section 6: Relationship-Specific Reflection

If You Are Married or in a Committed Relationship:

- What digital habits strengthen trust?
- What habits weaken connection?
- Where would greater transparency help?

Write one insight:

If You Are Single:

- What boundaries protect your heart and future relationships?
- What habits shape expectations or comparison?
- What digital patterns feel healthy or unhealthy?

Write one insight:

Section 7: One Boundary to Practice

Choose one boundary to try this week. (repeat)

Examples:

- Device-free conversations
- Shared expectations around screen use
- Reduced private messaging
- Intentional presence during time together

My Boundary for This Week:

Section 8: Relationship Commitment

Complete the sentence below:

“One digital choice I will make to strengthen trust and connection is...”

Closing Reflection

What felt affirming this week?

What felt challenging?

What feels like a loving next step?

Closing Prayer

Lord, help me love with wisdom and integrity.

Teach me to protect trust through intentional choices.

May my digital habits reflect faithfulness, presence, and care.

Guide my relationships with Your grace and truth.

Amen.

Encouragement

Strong relationships are built through:

- Presence
- Attention
- Trust
- Small, faithful choices

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Week 10 — Family & Relationships

Children, Household Boundaries & Building a Christ-Centered Digital Home

“A healthy digital home is built through presence, conversation, and consistent love.”

This week focuses on the household—not just rules, but culture. Whether you have children, influence younger people, or are shaping a future home, God invites you to lead with wisdom and grace.

Opening Prayer

Lord, thank You for the homes and relationships You’ve entrusted to us.

Give me wisdom, patience, and humility as I reflect this week.

Help me build a household culture that reflects Your love, truth, and peace—

both online and offline.

Amen.

Section 1: Scripture & Household Discipleship

Read each passage slowly. Reflect before writing.

Proverbs 22:6

What does this verse teach about guidance and long-term influence?

Deuteronomy 6:6–7

How does this Scripture describe everyday discipleship in the home?

Psalms 127:3

How does seeing children as a gift shape responsibility and care?

Section 2: Understanding the Digital World Children Live In

Children and teens encounter technology very differently than adults.

Reflect on What Children Are Exposed To:

Check any that apply:

- Online videos and streaming platforms
- Social media and messaging apps
- Online gaming and chats
- Influencers and digital role models
- Content beyond their maturity level

Reflection

What concerns or questions does this raise for you?

Section 3: Modeling Matters More Than Rules

Children learn more from what they see than what they are told.

Reflect Honestly:

- How do children see adults using devices in your home?
- What habits are being modeled?
- What values are being demonstrated?

Write one observation:

Section 4: Household Boundaries & Safety

Boundaries provide clarity, security, and trust.

Possible Boundary Areas:

- Screen time limits
- Device-free bedrooms
- Shared passwords or parental access
- Content filters
- Tech-free family times
- Charging devices outside bedrooms

Which boundaries feel most important to consider?

Section 5: Conversation Over Control

Rules alone are not enough—conversation builds trust.

Reflect:

- How comfortable are digital conversations in your home?
- Do children feel safe asking questions?
- Is discipline paired with grace?

Write one insight:

Section 6: Building a Family Digital Boundary Plan

This plan is meant to be flexible and age-appropriate, not rigid.

Begin Your Family Digital Boundary Plan:

1. Values We Want to Protect

2. Boundaries We Want to Practice

3. Conversations We Need to Have

Section 7: For Those Without Children

If you do not currently have children in your household:

Reflect on:

- How are you shaping your own home culture?
- How might these principles apply to mentoring, future family, or community influence?

Write one reflection:

Section 8: One Household Step This Week

Choose one simple step to practice this week.

Examples:

- A tech-free meal
- A family conversation about apps or media
- Moving device charging locations
- Setting one shared expectation

My Step This Week:

Section 9: Household Commitment

Complete the sentence below:

“One change I will make to strengthen our home’s digital health is...”

Closing Reflection

- What felt encouraging this week?
- What felt challenging?
- What feels like a loving next step for your household?

Closing Prayer

Lord, help me lead with love, wisdom, and humility.

Teach me to protect without controlling and guide without fear.

May my home be a place of peace, safety, and Your presence—

even in our digital lives.

Amen.

Encouragement

Strong homes are built through:

- Presence
- Consistency
- Conversation
- Grace

“As for me and my house, we will serve the Lord.” — Joshua 24:15

Weeks 11–12 — Defending the Home

Home Technology, Daily Habits & Spiritual
Covering

“A wise home is built through watchfulness,
consistency, and trust in God.”

These two weeks are combined to help you move
from awareness to sustainable practice. The goal is
not to perfect your home’s technology—but to
create peace, protection, and faithful habits that
last.

Opening Prayer

Lord, thank You for the home You have entrusted to me.

Give me wisdom to protect it with peace, not fear.

Help me notice what needs care, adjust what is unhealthy,

and trust You as the ultimate protector of this household.

Amen.

Phase 5 – Defending the Home

Section 1: Scripture & Watchfulness

Read each passage slowly. Reflect before writing.

Nehemiah 4:13–14

What does this passage teach about guarding vulnerable places?

Proverbs 27:12

How does this Scripture describe wisdom and preparation?

Psalms 121:7–8

How does trusting God shape your approach to protection?

Section 2: Your Home's Digital Landscape

Every home today has a digital layer.

1. Devices in My Home

List devices connected to your home network.

(Examples: phones, laptops, tablets, smart TVs, gaming systems, voice assistants)

Reflection

Which devices are most important—and which may not be necessary?

Section 3: Wi-Fi & Network Awareness

You do not need to be technical to be wise.

Reflect Honestly:

- Do I know where my Wi-Fi router is located?
- Have default passwords been changed?
- Are updates generally kept current?
- Do I know who has access to my network?

Write what you know (or don't know):

Section 4: Smart Devices & Permissions

Smart devices bring convenience—but also responsibility.

Reflect:

- Which devices have cameras or microphones?
- Do all devices need constant internet access?
- Are there devices no longer used but still connected?

Write what stands out:

Section 5: Daily Habits That Protect the Home

Most protection happens through behavior, not settings.

Reflect on These Habits:

Check any you want to strengthen:

- Regular updates
- Locking devices
- Logging out of shared devices
- Removing unused apps
- Talking openly about technology
- Slowing down before clicking

Reflection

Which habits feel most realistic to maintain?

Section 6: Monthly Review Rhythm

Sustainable protection is built through rhythm, not reaction.

Consider a Simple Monthly Check:

- Review devices connected to Wi-Fi
- Update software and apps
- Review family boundaries
- Check in emotionally and spiritually

My Monthly Rhythm Will Include:

Section 7: Spiritual Covering of the Home

Protection is not only technical—it is spiritual.

Reflect:

- Do I regularly pray over my home?
- Is Scripture present in our household rhythms?
- Does the media we consume invite peace or distraction?

Write one insight:

Section 8: One Faithful Step Forward

God usually invites us to take one clear step.

Choose ONE action to take or continue:

- Change or confirm a router password
- Remove unused devices
- Enable automatic updates
- Set a monthly review reminder
- Pray regularly over the home

My Step:

Prayer of Covering (Optional)

Lord, I invite Your presence into this home.

Cover every room with Your peace.

Guard our hearts, minds, and relationships.

May this home be a place of rest, truth, and protection.

Amen.

Section 9: Home Defense Commitment

Complete the sentence below:

“One habit I will practice to protect and bring peace to my home is...”

Closing Reflection

- What felt empowering in this section?
- What felt manageable?
- What brought a sense of peace?

Closing Prayer

Lord, thank You for being our refuge and protector.

Teach us to live watchfully without fear,

faithfully without pressure,

and peacefully under Your care.

May this home honor You in every way—

digitally, physically, and spiritually.

Amen.

Encouragement

- Protection does not require perfection.
- It requires faithfulness and consistency.

“The Lord will watch over your coming and going.” — Psalm 121:8

Week 13 — Purpose, Commitment & Commissioning

Living as a Digital Disciple Beyond This Course

“Discipleship does not end with learning—it continues with faithful living.”

This final workbook section is about integration and sending. You are not expected to have everything figured out. You are invited to commit what you have learned to God and step forward with wisdom, humility, and trust.

Phase 6 – Purpose, Commitment & Commissioning

Opening Prayer

Lord, thank You for the journey You have led me through.

*As I reflect on all I have learned, help me see clearly,
choose wisely,*

and walk forward with confidence rooted in You.

*I offer my habits, my purpose, and my future into Your
hands.*

Amen.

Section 1: Scripture & Calling

Read each passage slowly. Let it frame this moment of transition.

Ephesians 2:10

What does this verse say about how God views your life and purpose?

Colossians 3:23–24

How does this Scripture shape how you approach everyday life and work?

Proverbs 16:3

What does it look like for you to commit your plans to the Lord?

Section 2: Looking Back — What Has Changed?

Take time to reflect on the journey.

1. New Awareness

What are 2–3 insights or realizations that stood out most during this course?

2. Habits & Boundaries

Which digital habits or boundaries feel most life-giving now?

3. Growth Areas

Where do you sense ongoing growth is still needed?

Section 3: Purpose & Calling (Final Reflection)

Return to your purpose statement one last time.

My Current Purpose Statement

“God created me to...”

How has this statement changed since Week 1?

Section 4: My Digital Discipleship Commitments

This is not a rule list. It is a personal covenant of faithfulness.

1. Habits I Will Continue

List 2–3 habits you want to maintain moving forward.

2. Boundaries I Will Protect

List 1–2 boundaries that matter most to your spiritual health.

3. Discernment Practices I Will Use

How will you slow down, verify, and seek wisdom online?

Section 5: Family, Home & Influence (If Applicable)

Reflect on how your learning affects others.

Consider:

- How will your choices shape your home or relationships?
- How will you model wisdom to others?
- Where do you feel called to protect or guide?

Write one insight:

Section 6: Grace for the Journey Ahead

Discipleship is not linear.

Reflect Honestly:

- What helps you extend grace to yourself?
- How will you respond when habits slip?
- Who can support you in accountability and encouragement?

Write your thoughts:

Section 7: Final Commitment

Complete the sentence below thoughtfully and prayerfully:

“Moving forward, I will honor God with my digital life by...”

Section 8: Commissioning Prayer (Write or Read Aloud)

You may read this prayer as written or personalize it.

Lord, I commit my time, attention, and digital life to You.

Send me forward with wisdom, humility, and courage.

Help me live faithfully in a digital world that needs truth and grace.

May my choices reflect Your love, my habits reflect Your wisdom,

and my life reflect Your presence.

Amen.

Final Reflection

What gives you hope as you move forward?

What feels clear?

What do you want to continue praying about?

Final Encouragement

This course ends, but your discipleship continues.

- Return to these reflections often.
- Revisit your commitments seasonally.
- Extend grace generously—to yourself and others.

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Closing Encouragement

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Walk forward with courage, wisdom, and Christ at the center of every screen and season.

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.

Psalms 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.”