

Digital Discipleship & Cyber Stewardship

Book 2 —
Discernment &
Relationships

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 2 – Discernment & Relationships

Week 4 - 6

Week 4 — Digital Footprint & Faithful
Stewardship

“What God entrusts to us, He invites us to steward wisely.”

This week focuses on awareness and responsibility, not restriction. Stewardship is not about control—it is about care, wisdom, and intention.

Opening Prayer

Lord, help me see my digital life clearly.

Show me where You have entrusted me with time, attention, and influence.

Teach me to steward these gifts wisely, with humility and purpose.

Amen.

Section 1: Scripture & Stewardship

Read each passage slowly. Reflect before writing.

Ephesians 5:15–16

What does this passage teach about wisdom and intentional living?

Luke 16:10

What does faithfulness in “small things” look like digitally?

Proverbs 4:26–27

How does this Scripture speak to direction and daily choices?

Section 2: Understanding Your Digital Footprint

Your digital footprint is the trail you leave behind through daily digital activity.

1. Places I Leave a Digital Footprint

- Check all that apply:
 - Social media
 - Email
 - Messaging apps
 - Search engines
 - Online shopping
 - Streaming platforms
 - Work or school platforms

2. What My Digital Footprint Reveals

My online activity most often reflects:

- My interests
- My values
- My fears
- My priorities
- My habits
- My relationships

(Circle all that apply.)

Reflection

What surprises you about your digital footprint?

Section 3: Stewardship of Attention & Time

Time and attention are gifts from God.

1. Where My Attention Goes Most Often

List the top 3 ways you spend time digitally each day.

1. _____
2. _____
3. _____

2. Awareness Check

After most digital time, I feel:

- Focused
- Drained
- Encouraged
- Distracted
- Informed
- Overstimulated

(Circle any that apply.)

Reflection

Which activities feel like wise stewardship—and which do not?

Section 4: Influence & Responsibility

Whether you realize it or not, you have influence.

1. People Potentially Influenced by My Digital Life

- Family
- Friends
- Children
- Coworkers
- Church community
- Online connections

2. Influence Check

What tone does your digital presence usually carry?

- Encouraging
- Neutral
- Critical
- Argumentative
- Hope-filled
- Silent

Reflection

How does this align with your faith and calling?

Section 5: Privacy, Wisdom & Care

Stewardship includes caring for yourself and others.

Reflect on the following:

- Do I overshare personal information?
- Do I think before posting or commenting?
- Do I consider long-term impact?
- Do I protect others' privacy as well as my own?

Write what stands out:

Section 6: One Faithful Step

Stewardship grows through small, consistent actions.

1. One Area Needing Greater Wisdom

2. One Small Change I Can Make This Week

Keep it realistic.

3. Stewardship Commitment

Complete this sentence:

“This week, I will honor God digitally by...”

Closing Reflection

What did God bring to your attention this week?

What feels manageable to adjust?

Where do you feel peace instead of pressure?

Closing Prayer

Lord, thank You for trusting me with time, influence, and responsibility.

Teach me to steward what You've given me with wisdom and grace.

Help my digital life reflect Your truth, love, and care for others.

Amen.

Encouragement

- Stewardship is not about perfection.
- It is about faithfulness.
- It is about awareness.
- It is about choosing wisely—one step at a time.

“Be very careful, then, how you live—not as unwise but as wise.” — Ephesians 5:15

Week 5 — Digital Protection: Account Security & Wise Boundaries

“Protection is not a lack of faith—it is an expression of wisdom.”

This week focuses on practical protection. You are not expected to become an expert. You are invited to take simple, faithful steps to guard what God has entrusted to you.

Opening Prayer

Lord, thank You for being my protector.

*As I reflect this week, give me wisdom without fear
and clarity without overwhelm.*

Help me steward my digital life with care and confidence.

Amen.

Section 1: Scripture & Protection

Read each passage slowly. Reflect before writing.

Ephesians 6:10–11

What does this passage teach about being prepared and alert?

Proverbs 4:23

How does guarding your heart relate to guarding access to your life?

1 Peter 5:8

What does Scripture say about awareness and vigilance?

Section 2: Understanding Digital Protection

Protection is about reducing unnecessary risk.

1. Accounts That Matter Most to Me

List the digital accounts that would cause the most disruption if compromised.

(Examples: email, banking, work, social media)

Reflection

Why are these accounts important to protect?

Section 3: Password & Access Awareness

This section is about awareness—not judgment.

Check All That Apply (Honest Reflection)

I reuse passwords across accounts

I use short or easy-to-remember passwords

I rarely update passwords

I rely on memory alone

I use a password manager

I'm not sure how secure my passwords are

Reflection

What stands out to you about your current habits?

Section 4: Two-Factor Authentication (2FA)

Two-factor authentication adds an extra layer of protection.

1. Current Awareness

I know what 2FA is

I have used 2FA before

I have 2FA enabled on some accounts

I have never used 2FA

(Circle any that apply.)

Reflection

How do you feel about adding extra protection steps?

Section 5: Protection Without Shame

Many people feel embarrassed about digital mistakes.

Reflect honestly:

- Have you ever clicked something you shouldn't have?
- Have you ever felt unsure but acted anyway?
- Have you ever ignored security warnings?

Write what you notice:

Reminder:

Mistakes do not define you.

Wisdom grows through learning.

Section 6: One Faithful Action Step

God often invites us to take one clear step, not many at once.

Choose ONE action to take this week:

- Strengthen one important password
- Enable 2FA on one account
- Review email security settings
- Remove access from an unused app

Write your chosen step:

Protection Commitment

Complete this sentence:

“This week, I am stewarding my digital life by...”

Section 7: Spiritual Reflection

Protection is not only technical—it is spiritual.

Reflect:

- How does taking protective steps bring peace?
- How does prayer shape your sense of safety?
- Where do you trust God alongside your actions?

Write your thoughts:

Closing Reflection

- What felt empowering this week?
- What felt uncomfortable—but important?
- What felt simpler than expected?

Closing Prayer

Lord, thank You for caring about every part of my life.

Teach me to walk with wisdom and confidence.

Help me protect what You have entrusted to me

while trusting You as my ultimate protector.

Amen.

Encouragement

Protection is not about living in fear.

It is about:

- Wisdom
- Faithfulness
- Peace of mind
- Love for others

“The prudent see danger and take refuge.” —

Proverbs 27:12

Week 6 — Device Settings, Boundaries & Healthy Digital Habits

“Small habits practiced consistently create lasting peace and protection.”

This week focuses on everyday choices. You are not being asked to master technology. You are being invited to notice, adjust, and simplify in ways that support your spiritual life and calling.

Opening Prayer

Lord, thank You for the tools You've placed in my life.

Help me use them wisely—not compulsively or carelessly.

Show me where small changes can bring greater peace, focus, and freedom.

Teach me to guard my heart with wisdom and grace.

Amen.

Section 1: Scripture & Daily Wisdom

Read each passage slowly. Reflect before writing.

Proverbs 4:23

What does it mean to “guard your heart” in everyday routines?

Ephesians 5:15–16

How does wisdom show up in daily habits, not just big decisions?

Philippians 4:8

How do your digital habits influence what you think about most?

Section 2: Device Awareness

Devices are powerful tools—but they shape habits quickly.

1. Devices I Use Most Often

List the devices you interact with daily.

Reflection

How do these devices help you—and how do they distract you?

Section 3: App Permissions & Access

Many apps request access that may not be necessary.

1. Permission Awareness

Without checking yet, answer honestly:

- I usually allow permissions quickly
- I rarely review app permissions later
- I'm not sure which apps have access to what
- I regularly review permissions

(Circle any that apply.)

Reflection

What stands out about your current awareness?

Section 4: Notifications & Attention

Notifications train us to react instead of choose.

1. Notification Check

Which notifications interrupt you most?

- Messages
- Social media
- News
- Email
- Apps or games
- Shopping or promotions

Reflection

How do frequent interruptions affect your peace or focus?

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.”