



ABIDEROOTED

Who Is Shaping You?

A Discernment Workbook for Youth



YOUTH · DISCERNMENT WORKBOOK · FREE RESOURCE

Using this guide

Read the full Scripture passage before the reflection. Choose one practical response, then pray in your own words. Work at a sustainable pace; days and sessions may be repeated. People may pass on a group question.

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Scripture quotations use the King James Version (KJV). Short quotations may be excerpts; read the cited passage in context. Prayer starters and reflections are devotional writing, not additional Scripture.

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Begin Here

A discernment workbook for youth to audit the voices, friendships, feeds, and habits shaping them, using Scripture and practical tools to make one boundary/relationship decision.

Every day, dozens of voices compete for your heart and mind. Friends, social media feeds, music, influencers, even your own habits - they all whisper, nudge, and shape what you love, what you fear, and what you believe. Most of the time, you don't notice it happening. But the Bible warns us: 'Be not deceived: evil communications corrupt good manners' (1

Corinthians 15:33). This workbook is a tool to help you see

clearly who is shaping you, so you can choose wisely who you listen to and how you live. You'll audit your influences, test them against God's Word, and make a concrete plan for one change. This isn't about isolating from the world or living in fear - it's about growing in wisdom and surrounding yourself with voices that point you to Jesus.

DIAGNOSTIC

The Influence Audit

Proverbs 13:20

“He that walketh with wise men shall be wise: but a companion of fools shall be destroyed.”

Before you can change anything, you need to see what's actually shaping you. Influence is like the air you breathe - you don't think about it until it's polluted. This audit helps you list the main voices in your life: friends, family, social media accounts, music, shows, podcasts, even your own inner voice. You'll rate each one's direction: toward Christ, away from Him, or somewhere in between. Be honest. This isn't about judging people; it's about recognizing patterns.

Put It Into Practice

Create a two-column table. In the left column, list the top 10 influences in your life (people, accounts, shows, etc.). In the right column, rate each one as + (pointing toward Christ), - (pointing away), or ~ (mixed). Then circle the top 3 that have the most daily impact on you.

Reflect & Talk Together

1. Which influence surprised you the most in your audit?
2. How much time do you spend with each of your top 3 influences?
3. What do you usually think about or feel after engaging with each one?

Prayer

Lord, open my eyes to see the voices that are shaping me. Give me wisdom to know which ones lead me closer to You. Amen.

TEACHING

The Power of Companionship

1 Corinthians 15:33

“Be not deceived: evil communications corrupt good manners.”

This verse is a warning: don't be fooled into thinking you're immune to influence. 'Evil communications' means bad company or corrupting conversations. They 'corrupt good manners' - they slowly erode your character and convictions. It's not that you become evil overnight; it's that your 'good manners' - your habits, attitudes, and values - get worn down. Think of it like a rock in a stream: the water doesn't break it all at once, but over time it smooths the edges. In the same way, the people and media you surround yourself with will shape you, for better or worse. This is why Proverbs 13:20 says walking with the wise makes you wise, but hanging with fools leads to destruction. The choice of companions is a spiritual decision.

Put It Into Practice

Read 1 Corinthians 15:33 again. Write in your own words what 'evil communications' might look like in your life today. Then write what 'good communications' would look like.

Reflect & Talk Together

1. What are some 'good manners' (godly habits or values) you want to protect?
2. Which of your current influences might be slowly eroding those?
3. Who in your life builds your faith rather than tears it down?

Prayer

Father, help me to value my relationship with You above all else. Give me the courage to step back from influences that pull me away from You. Amen.

PRACTICE

Testing the Voices

Philippians 4:8

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”

Not all influence is obviously bad. Some things are entertaining, funny, or even 'not that bad.' But Paul gives us a filter: whatever is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy - think on these things. This doesn't mean you can never enjoy a good story or a funny meme, but it does mean you should ask: Does this feed my mind with what is good, or does it fill me with what is false, crude, or unkind? You can test any influence by asking a few questions: Does it make me more like Jesus? Does it lead me to love God and others more? Does it stir up thoughts that are pure and lovely? If you're not sure, try stepping away for a week and see what changes in your heart.

Put It Into Practice

Take your top 3 influences from the audit. For each one, ask: Is it true? Is it pure? Is it lovely? Is it admirable? Rate each on a scale of 1-5. Then write one sentence about whether this influence passes the Philippians 4:8 test.

Reflect & Talk Together

1. Which influence fails the test most clearly?
2. What would change if you removed that influence for a week?
3. What good thing could you replace it with?

Prayer

Lord, teach me to love what is true and pure. Help me to fill my mind with things that honor You. Amen.

DECISION TOOL

Making a Change

Romans 12:2

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”

Change can feel overwhelming, but it doesn't have to be. God doesn't ask you to fix everything at once; He asks you to take the next step of obedience. Romans 12:2 says don't be squeezed into the world's mold, but be transformed by renewing your mind. That renewal happens as you spend time in God's Word, in prayer, and with people who encourage your faith. You don't have to cut off every friend who isn't a Christian - that would be isolation, not wisdom. But you may need to set boundaries: limit time with someone who constantly pulls you down, mute an account that fills you with envy, or ask a friend to hold you accountable. The goal is not to live in fear of influence, but to intentionally choose influences that help you follow Jesus.

Put It Into Practice

Use the decision grid below to evaluate one relationship or habit you're considering changing. Write the name or habit in the center. Then list the pros and cons of keeping it, and the pros and cons of changing it. Finally, write one specific action you will take this week (e.g., 'I will limit my time with X to once a week' or 'I will unfollow Y and replace it with a Bible verse app').

Reflect & Talk Together

1. What is one boundary you feel God is prompting you to set?
2. What fear makes you hesitate?
3. Who is a wise Christian you can ask to pray for you and hold you accountable?

Prayer

God, give me courage to make changes that honor You. Help me to trust that Your way is best, even when it's hard. Amen.

IMPLEMENTATION

Your One-Week Plan

James 1:22

“But be ye doers of the word, and not hearers only, deceiving your own selves.”

Knowledge without action is like a car with a full tank but no one driving it. James 1:22 warns us not to just listen to the Word - we must do what it says. This week, you will put into practice what you've learned. You don't need to change everything; just take one step. That step might be starting a daily Bible reading plan, joining a youth group, or having a conversation with a friend about your boundaries. The key is to act. As you do, you'll discover that God is faithful to help you grow.

Put It Into Practice

Write down your one specific action for this week. Then, for each day of the week, write a simple reminder or prayer. For example: 'Monday: I will read one chapter of Proverbs.' 'Tuesday: I will pray for my friend who doesn't know Jesus.' 'Wednesday: I will memorize 1 Corinthians 15:33.' At the end of the week, review what happened and how you felt.

Reflect & Talk Together

1. What is the one action you will take this week?
2. What obstacle might get in the way?
3. Who will you tell about your plan so they can encourage you?

Prayer

Lord, help me to be a doer of Your Word. Give me strength to follow through on what I've learned.
Amen.

Continue Abiding

You were never meant to be shaped by the world's loudest voices. God has given you His Word, His Spirit, and His people to guide you. As you take these small steps of obedience, you'll find that your heart begins to change - not through fear or isolation, but through a growing love for Jesus. Remember, you are not alone. He who began a good work in you will be faithful to complete it (Philippians 1:6). Now go and live as someone who is shaped by Christ.

Go Deeper

You've taken the first step by auditing your influences and making a plan. But what happens when the pressure to conform intensifies - when your friends, your school, and your culture all seem to pull you in the opposite direction? In 'When Everyone Else Is Going That Way,' you'll explore how to stand firm in your faith without becoming judgmental or isolated. You'll learn how to navigate peer pressure, make wise choices, and be a light to others - all while staying rooted in Christ. This workbook has given you a starting point; the book will help you build a lifelong foundation.