

# DIGITAL DISCIPLESHIP SELF-ASSESSMENT

*Navigating Tech, AI, and Screens with Faith*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Take a few minutes to honestly reflect on your digital habits. Circle the number that best represents you. There are no "wrong" answers—this is just between you and God to help you grow!*

**1 = Rarely**

**2 = Sometimes**

**3 = Half the time**

**4 = Most of the time**

**5 = Almost always**

**time**

## Section 1: Imago Dei (The Image of God)

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*Remembering that you and everyone else are created with inherent dignity, far beyond what any algorithm can measure.*

**1.** I base my self-worth on being a beloved child of God, not on my follower count, likes, or streaks.

(1) (2) (3) (4) (5)

**2.** I treat others online (in games, comments, and group chats) with the exact same respect I would if they were standing right in front of me.

(1) (2) (3) (4) (5)

**3.** I recognize that my human soul, creativity, and capacity to love are unique gifts that no AI can ever replicate or replace.

(1) (2) (3) (4) (5)

## Section 2: Co-Creation (Using Your Gifts)

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*Using technology as a tool to build up the world, rather than letting it use you.*

**4.** I use technology and AI to learn new things, create positive content, or help others, rather than just mindlessly consuming content for hours.

(1) (2) (3) (4) (5)

**5.** I am in control of my screen time. I can easily put my phone away when it's time for family dinner, homework, or church.

(1) (2) (3) (4) (5)

**6.** I view my digital skills (like coding, designing, or even organizing a group chat) as a way to serve my community.

(1) (2) (3) (4) (5)

## Section 3: Moral Conscience & Discernment

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*Listening to the Holy Spirit and making ethical choices in the digital space.*

**7.** When I use AI (like ChatGPT) for school, I use it honestly—to brainstorm or understand complex topics—but I never use it to cheat.

(1) (2) (3) (4) (5)

**8.** Before I post, comment, or send a text, I pause to ask myself: *Is this true? Is this kind? Is this helpful?*

(1) (2) (3) (4) (5)

**9.** If I come across content that is inappropriate, harmful, or degrading, I choose to scroll past, close the app, or block it.

(1) (2) (3) (4) (5)

## Section 4: Communion & Solidarity

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*Building authentic community and standing up for the vulnerable.*

**10.** I actively try to build deep, face-to-face friendships rather than relying only on digital communication.

(1) (2) (3) (4) (5)

**11.** I stand up for people who are being bullied, mocked, or left out in group chats or on social media.

(1) (2) (3) (4) (5)

**12.** I try to step outside my "echo chamber" online and listen to different perspectives with a charitable heart, rather than just arguing.

(1) (2) (3) (4) (5)

## Section 5: Wonder, Mystery & Awe

*Making space for silence and God's creation in a noisy world.*

**13.** I intentionally set aside "tech-free" time every day to pray, sit in silence, or just let my mind rest.

(1) (2) (3) (4) (5)

**14.** I spend time enjoying God's creation outside without feeling the immediate need to take a picture or post it online.

(1) (2) (3) (4) (5)

**15.** I realize that the deepest questions in life—about love, suffering, and faith—are mysteries meant to be lived with God, not problems an AI can instantly solve.

(1) (2) (3) (4) (5)

### Reflection & Action Plan

**Add up your score (out of 75 possible points):** \_\_\_\_\_

- **60 - 75: Strong Digital Disciple.** You have a great balance! You use technology intentionally and keep your faith at the center. Keep being a light online!
- **40 - 59: On the Journey.** You are doing well but might have a few blind spots. Look at the sections where you scored lowest—these are great areas for growth.
- **15 - 39: Time for a Reset.** Technology might be steering your life more than you realize. Don't stress! Pick just one habit to change this week.

**My Goal for This Week:** Looking at my answers, one specific thing I will do this week to bring my tech habits closer to Christ is:

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