

VOLUME 1



A TRAINING MANUAL
FOR YOUTH ADVOCATES
GUIDING YOUTH
THROUGH REAL-LIFE ISSUES

A Training Series Complementing **TeenDIG** *TAMO TAMO!* Series



NEXUS

SERVANTS OF CHRIST.
LEADERS FOR LIFE!

Contents

TEENDIG ADVANCE: <i>A Training Manual for Youth Advocates Guiding Youth Through Real-Life Issues</i>	3
PART 1: PURSUING GOD’S DESIGN.....	6
1. Kilig, Pressures, At Premarital Sex: Bakit Ang Hirap Ma-Resist?	7
2. ‘Wag Lang Feels, Dapat Faithful: Guiding Youth Through Emotional Decisions	14
3. Dare To Wait, Dare To Love: Teaching Purity & God’s Timing	22
4. Reset Before You Regret: Healing & New Beginnings	30
 PART 2: FINDING HOPE.....	 37
1. Okay Lang Ma-Down: God Still Lifts You Up	38
2. May Hugot Si Lord: He Feels You, Bruh!	44
3. Kapit Lang, Kahit Cloudy: Faith In The Fog	51
4. Bangon Araw-Araw: Hope Has No Expiration	58
 PART 3: RENEWING THE MIND	 64
1. Scroll Trap! When Curiosity Clicks Back	65
2. Double Tap Or Double Trouble? Guarding What You Watch	72
3. Rewire Mode: From “I Can’t Stop” To “I Can Walk Free”	79
4. Free For Real: From Porn Addiction To God Affection.....	86

PART 4: SECURED! 93

1. Born For More: Identity Is Not Just What You Feel.....94

2. Real Talk: God Made Us Male And Female — On Purpose
.....101

3. Heart Check: When Feelings Don’t Match My Design108

4. Live Loud In Grace: Secured In Christ, Confident In His
Design116

TEENDIG ADVANCE

A Training Manual for Youth Advocates Guiding Youth Through Real-Life Issues

TeenDIG ADVANCE empowers youth advocates to guide this generation with truth, prayer, courage, and compassion—equipping them to address real issues facing today's youth through the lens of God's design.

It is strongly suggested that Youth advocates (pastors and youth/church leaders) use this curriculum alongside the TeenDIG Conversations/Circles Booklets.

THE HEART OF TEENDIG ADVANCE

Young people today face overwhelming pressures—kilig culture, digital temptations, emotional confusion, identity struggles, and conflicting messages about love and sexuality. They need leaders who understand their world and can guide them with **compassionate conviction**.

TeenDIG ADVANCE prepares youth advocates to:

- Understand youth issues deeply
- Teach biblical truth in relatable ways
- Shepherd youth with grace and strength
- Mobilize teens into movement-makers

THE TEENDIG MOVEMENT: THREE TRANSFORMATION STRATEGIES

TeenDIG ADVANCE trains advocates to mobilize youth into a nationwide movement grounded in:

1. **TeenDIG sa Katotohanan, sa Kung Ano ang Tama, at sa Salita ng Diyos** (*Moral Uprightness: Standing for Truth, Choosing What Is Right, Living the Word*)
Helping youth pursue **moral uprightness**—standing for truth, choosing what is right, and rooting life decisions in God’s Word.
2. **TeenDIG sa Pananalangin para sa Kabataan, Pamilya, at Bansa** (*Prayer Mobilization*)
Creating a generation of young intercessors who pray for purity, healing, revival, and national transformation.
3. **TeenDIG sa Tapang at Habag: Starting TeenDIG Circles** (*Inspiring Courage + Compassion = Redemptive Conversations*)
Empowering youth to lead *safe, honest, hope-filled* conversations with their friends—igniting personal and peer transformation **using the TeenDIG Booklets**.

HOW TEENDIG ADVANCE COMPLEMENTS TEENDIG CONVERSATIONS/CIRCLES

TeenDIG ADVANCE lessons strengthen the biblical and emotional foundation that teens will bring into their **TeenDIG Circles**.

- **TeenDIG ADVANCE** (this training series) equips *leaders*. **TeenDIG Conversations/Circles** (booklets) empower *youth*.
- How the materials connect

- **TeenDIG Advance** is for the use of youth advocates to teach youth with biblical insights to confront issues they face.
- **TeenDIG Conversations/Circles Booklets** are 9 issues confronting young people. Youth advocates are to mobilize their youth to start conversations/circles with their friends or classmates.

**VOLUME 1
BOOKLETS:
TAYÔ TAYO SERIES**

(Standing Together for Purity, Purpose, and God's Perfect Design)

- Pursuing God's Design
- Finding Hope
- Renewing the Mind
- Secured!

**VOLUME 2
BOOKLETS:
FEEL KO 'TO
SERIES**

(Real Emotions. Real Battles. Real Grace)

- Feel Ko 'To
- Di Ko Feel 'Yan
- Love na ba 'To

**VOLUME 3
BOOKLETS:
PALABAN SERIES**

(Fighting the Right Battles. Standing for Truth)

- 'Wag Kang Ku-Corrupt
- Tama Is Not Boring

Together, the TeenDIG Booklets create a strong cycle of:
Teaching → Reflection → Conversation → Conviction → Movement

Series Tagline

“Equipping Leaders. Igniting Youth. Transforming a Generation.”

PART 1: PURSUING GOD'S DESIGN

To be used with TeenDig Conversation Booklet *Pursuing God's Design*



LESSON 1

KILIG, PRESSURES, AT PREMARITAL SEX: BAKIT ANG HIRAP MA-RESIST?

LESSON OBJECTIVES

Head

What Youth Will Understand

- Identify the pressures (kilig, emotions, curiosity, friendships, social media) that make purity difficult.
 - Explain why kilig is not the same as love using truth from Scripture and the TeenDIG booklet.
-

Heart

What Youth Will Feel and Value

- Recognize their own emotional triggers and struggles with purity.
 - Value God's design for relationships as something that protects their heart and future.
-

Hand

What Youth Will Practice

- Apply the 3 TeenDIG commitments (Truth, Right, Word of God) to a real-life relationship choice.
 - Create one practical step to strengthen purity (boundary, habit, or conversation).
-

LET'S START THE CONVERSATION

Many teens struggle with purity not because they're "bad," but because *kilig*, loneliness, pressure, and curiosity often feel stronger than the desire to follow God.

Youth need space to understand *why* the struggle feels real.

A Moment Most Teens Understand

Picture this:

Gabi na. You're tired. Suddenly may message:

"Miss u. Late-night talk tayo?"

It feels nice. Legit kilig.

Pero alam mo rin na pwedeng humantong sa something risky.

Most teens don't plan to do something wrong—

they just get caught in a moment where feelings feel louder than wisdom.

Facilitator's Note:

Ask the youth: "Sino dito naka-experience ng ganitong tension?" Let them respond without judgment.

Why Purity Feels So Hard

Purity is a battle because so many forces pull youth in different directions.

The Culture Around You

K-dramas, TikToks, movies, and love teams make it look like *kilig* = love and *romance* = life goal.

Teens absorb these messages daily.

Your Emotional World

Everyone wants to feel special.

Kapag may nag-care or nag-effort, it feels like destiny—even if it's not.

Your Brain at This Stage

Teens are naturally curious and impulsive.

It's normal to feel strong emotions and weak self-control at the same time.

Your Spiritual Side

If feelings are stronger than your devotion life, emotions can become your guide instead of God.

Your Digital Life

Private chats, disappearing messages, and late-night conversations lower boundaries fast.

TeenDIG reminder:

“Emotions aren’t bad... pero minsan, ‘yung puso ang umiiral.”
(p.10)

What Youth Are Really Dealing With

Teens today experience pressures older generations didn’t.

Everyday Life Stuff

Walang bantay, walang gabay, madalas puyat.

Phones become a gateway to private worlds.

Relationship Pressures

“Kung mahal mo ako, prove it.”

“Kung hindi ka game, ang innocent mo naman.”

Peer validation becomes a silent pressure.

Heart Issues

Loneliness, overthinking, and wanting to feel chosen make risky relationships feel worth it.

Identity and Curiosity

Teens are figuring out who they are.

Curiosity + desire to grow up fast = risky choices.

Facilitator’s Note:

Tell them gently: “Your struggle makes sense. Hindi ka nag-iisa. God understands what you’re facing.”

Spiritual Confusion

When youth don't hear healthy conversations about sex, they fill the gaps with feelings, culture, or friends.

WORKSHOP: LET'S PROCESS THE STRUGGLE TOGETHER

This helps youth identify their personal pressures and see God's wisdom clearly. Lead them through this workshop.

Step 1: Writing Exercise — “What’s Going On Inside Me?”

Youth write honestly about:

- what they feel (kilig, lonely, flattered)
- what pressures them (friends, crush, fear of losing someone)
- what scares them (regret, judgment, heartbreak)
- what God wants for them (respect, purity, peace)

This helps name the real fight inside.

Step 2: Group Talk — “Why Do Teens Fall Into This?”

Youth discover that their struggles are shared.

It removes shame and builds clarity.

TeenDIG line:

“Waiting isn’t weakness—it’s strength.” (p.11)

Step 3: The 3 TeenDIG Filters

Youth evaluate real-life situations using:

TeenDIG sa Katotohanan (Truth Filter)

Truths like:

- “Hindi lahat ng kilig legit” (p.7)
- “Emotions change, truth doesn’t.” (p.17)

These help youth separate feelings from facts.

TeenDIG sa Kung Ano ang Tama (Rightness Filter)

Youth identify what's right even when it's hard:

- saying no to risky chats
- setting physical boundaries
- avoiding tempting situations
- seeking accountability

TeenDIG sa Salita ng Diyos (Bible Filter)

Verses that give clarity:

- 1 Thess 4:3–4 – God calls us to purity
- Proverbs 4:23 – Guard your heart
- 1 Corinthians 6:19–20 – Honor God with your body
- Psalm 119:9 – Stay pure through the Word

Step 4: Group Sharing — “So What Should We Do?”

Each group shares:

- top pressures
- truths that counter these
- right choices they can make
- what Scripture tells them
- one weekly commitment

Step 5: Personal Commitment

Youth write one doable step like:

- “No more late-night chats.”
- “I’ll avoid being alone with my crush.”
- “I’ll be honest with my mentor.”
- “I’ll start reading one verse a day.”

WHAT THE BIBLE SAYS ABOUT THIS

Feelings are real, but God’s Word gives direction.

1 Thessalonians 4:3–4

God wants youth to live with purity and honor.

Self-control is possible because God strengthens them.

Supporting Scriptures

- Proverbs 4:23 – What you allow in your heart shapes your whole life.
- Romans 12:2 – Renew your mind daily.
- 1 Corinthians 6:19–20 – Your body belongs to God.
- Psalm 119:9 – The Word strengthens purity.

Facilitator's Note:

Say: "Hindi ka pinipigilan ni Lord. Pinoprotektahan ka Niya."

GOD'S GRACE + GOD'S TRUTH

Youth need both.

Truth: God created sex beautifully and placed it within His perfect timing.

Grace: Struggles don't disqualify them. God restores, heals, and rewrites stories.

Safety: Young people open up when they know they won't be judged.

Facilitator's Note:

Say often: "You don't have to hide. This is a safe place to grow."

TEENDIG ACTION STEPS

Help youth move from learning to living.

Stand: Youth declare truth over lies, and choose what is right even when feelings are intense.

Pray: They ask God for strength and pray for their barkada and families.

Start: Encourage them to launch a TeenDIG Circle using Lesson 1 of *Pursuing God’s Design*.
It turns this lesson into a peer movement.

CLOSING PRAYER

“Lord, help us choose what is true, what is right, and what pleases You. Give us pure hearts, wise minds, and courageous decisions. Amen.”

7-DAY REFLECTION FOR YOUTH

Day 1 – Psalm 119:9 Purity starts with God’s Word. <i>Do:</i> Set one personal boundary.	Day 2 – Proverbs 4:23 Guard your heart well. <i>Do:</i> Remove one online temptation.	Day 3 – Romans 12:2 Let God renew your mind. <i>Do:</i> Replace one lie with truth.	Day 4 – 1 Corinthians 6:19-20 Your body belongs to God. <i>Do:</i> Avoid one risky habit.
Day 5 – Galatians 5:16 Walk with the Spirit. <i>Do:</i> Pray when tempted.	Day 6 – James 1:5 Ask for wisdom. <i>Do:</i> Talk to a mentor.	Day 7 – Psalm 51:10 Let God clean and renew your heart. <i>Do:</i> Confess honestly to God.	