



# THE CHRISTIAN AI STARTER KIT

*Your Free Guide to Using AI with Discernment and Biblical Wisdom*

---

- ✓ 25 Ready-to-Use Prompts for Bible Study, Family & Work
- ✓ The Three Guardrails: Your Biblical AI Framework
- ✓ 5-Minute Setup Guide with Christian Safeguards
- ✓ The Discernment Checklist
- ✓ 7-Day AI Challenge to Get You Started

*"Test all things; hold fast what is good." — 1 Thessalonians 5:21 (NKJV)*

## PART 1: UNDERSTANDING AI FROM A CHRISTIAN PERSPECTIVE

### Welcome, Fellow Believer

If you're reading this, you've probably heard about AI tools like ChatGPT and Claude. You might be feeling:

- **Curious** — but unsure where to start
- **Concerned** — about whether Christians should even use AI
- **Confused** — by all the technical language
- **Cautious** — about accuracy, privacy, and your faith

You're not alone. New research from Barna Group and Gloop (*Insights on Tech, Media and Faith in 2026*) found that about **one-third of practicing Christians want guidance from their pastors on how to navigate AI** — yet **only 12% of pastors say they feel comfortable teaching about it**. The hunger is real. The Church is in the middle of a discipleship gap on technology. This guide exists to help close it for you personally.

*Source: Barna Group + Gloop, Insights on Tech, Media and Faith in 2026 (State of the Church initiative), Feb 2026. Barna's faith-and-AI research is produced in partnership with Gloop, a faith-technology company — noted here for transparency.*

Here's the truth: AI is a tool. Like any tool, it can be used wisely or foolishly. The question isn't whether you will encounter AI — you already are. The question is whether you'll be a **user** or a **consumer**.

*Consumers passively accept what technology gives them. They let algorithms shape their thinking without asking questions. Users actively steward the tools they employ. They understand how technology works, decide when and how to use it, and remain anchored to truth.*

God calls His people to be **users** — informed stewards who exercise biblical discernment. This kit will help you get there.

### What Is AI, Really?

**Simple definition:** AI (Artificial Intelligence) is software that can understand questions and generate helpful responses by analyzing massive amounts of text data.

Think of it like a research assistant who has read millions of books, articles, and websites — and can help you find information, brainstorm ideas, and organize your thoughts. It predicts likely words and patterns. It does not think, believe, or understand.

#### What AI IS

A powerful research and writing tool · Helpful for learning and organizing · Trained on human knowledge · Improving rapidly

#### What AI IS NOT

Conscious, alive, or spiritual · Infallible or all-knowing · A replacement for the Holy Spirit · Your moral authority · Always accurate — it makes mistakes

## Is Using AI Biblical?

Short answer: Yes — with wisdom and discernment. Four biblical principles apply:

### 1. We're Called to Be Stewards (Matthew 25:14-30)

God gives us resources and talents to use wisely. AI is a tool for stewarding our time and energy for greater kingdom impact.

### 2. Test All Things (1 Thessalonians 5:21, NKJV)

"Test all things; hold fast what is good." We must verify AI's responses against Scripture and truth. Always.

### 3. All Things for God's Glory (1 Corinthians 10:31)

Whether we eat, drink, or use AI — we can do everything for God's glory when used with right motives and wise discernment.

### 4. Wisdom Over Convenience (Proverbs 14:15, NKJV)

"The simple believes every word, but the prudent considers well his steps." AI makes answers easy. Discernment makes them trustworthy.

## Common Christian Concerns Addressed

### "Will AI replace my relationship with God?"

No more than a Bible commentary or concordance does. AI is a tool to assist study — it cannot replace prayer, the Holy Spirit, or the Word. The moment you treat AI as a spiritual authority, you've stepped out of bounds.

### "What if AI gives me wrong theology?"

This is a real risk. AI has been trained on everything, including false teaching. Never receive AI output as settled theology. Always verify against Scripture, and when the stakes are high, ask your pastor or consult a trusted commentary.

### "Is AI dangerous or demonic?"

AI is software built by humans. It has no spiritual nature. Like any tool — the printing press, the internet, the smartphone — it can be used for great good or significant harm. We choose how we use it.

### "Will AI steal my private information?"

You control what you share. A good rule: never put into AI anything you wouldn't post publicly. Part 6 covers exactly what not to share.

### "Will this make me lazy in my faith?"

Only if you let it. The Three Guardrails in Part 4 are designed specifically to prevent that drift. Biblical discernment requires active engagement — not passive consumption.

## PART 2: QUICK SETUP GUIDE (5 MINUTES)

### Step 1: Choose Your AI Tool

ChatGPT (by OpenAI)	Claude (by Anthropic)
chatgpt.com · Free version available · Most widely used, great for beginners · Paid plan adds more capability	claude.ai · Free version available · Nuanced, thoughtful responses · Excellent for in-depth Bible study · Profile section for Christian setup

Start with the free version of either one. The prompts in Part 3 work with both.

### Step 2: Create Your Account (3 Minutes)

- Go to chatgpt.com or claude.ai
- Click "Sign Up"
- Use your email (or Google / Apple sign-in)
- Verify your email
- You're in

### Step 3: Set Up Christian Safeguards (2 Minutes)

Custom Instructions tell AI who you are and how to respond. Copy and paste these templates to set up your AI with Christian guardrails.

#### For ChatGPT:

- Click your profile (bottom left) → "Customize ChatGPT"
- In "What would you like ChatGPT to know about you?" paste the *About Me* text below
- In "How would you like ChatGPT to respond?" paste the *Instructions* text below

#### About Me — paste into "About You"

I am a follower of Jesus Christ. I hold a conservative evangelical faith. I value biblical truth as my final authority. I use AI as a tool for learning and productivity – not as a spiritual guide or moral authority.

#### Instructions — paste into "How to Respond"

Be respectful of Christian faith and biblical values. When discussing Scripture, be accurate and note when you are uncertain. If a response touches on theology, suggest I verify with my pastor or a trusted commentary. Avoid content that contradicts core Christian doctrine. Be honest about the limits of AI knowledge.

#### For Claude:

Go to Profile → Settings → Profile. Paste similar text. Claude remembers this across all conversations.

*"You're ready to start."*

## PART 3: YOUR 25 BEST AI PROMPTS

These prompts are built to get strong, useful responses. Swap any bracketed text for your own situation. The more specific you are, the better the answer.

### ■ Bible Study & Spiritual Growth

#### 1. Cross-Reference Finder

I'm studying [John 3:16] in my daily reading. Find 5 passages that connect to this verse across both testaments. For each: (1) state the connection, (2) share historical or cultural context that deepens the meaning, (3) give one reflection question. Use NKJV references.

#### 2. Deep Historical Context

Walk me through the historical and cultural context of [the woman at the well – John 4:1-26]. What would a first-century Jewish reader understand that I might miss? Cover: the Jewish-Samaritan relationship, the time of day, and what Jesus's request would have communicated.

#### 3. Word Study

Do a word study on the [Greek/Hebrew] word '[agape]' as used in [1 Corinthians 13]. How does it differ from related words? Where else does the author use it, and what does the pattern reveal about the theology?

#### 4. Passage Analysis

I just read [Romans 8:28-39]. Give me: (1) the main argument being made, (2) one thing a modern reader might miss, (3) how this fits the broader theme of Romans, and (4) one reflection question I can bring to prayer.

#### 5. Prayer Framework

Based on Philippians 4:6-7 (NKJV), help me structure a prayer about [my specific situation]. Break it into: specific thanksgiving I can name, the request itself, and what receiving the peace that surpasses understanding looks like in this situation.

#### 6. Sermon Notes Deepener

I just heard a sermon on [topic] from [Scripture reference]. Here are my notes: [paste notes]. Help me: (1) identify the main theological point, (2) find 2 other Scripture passages that support it, and (3) give me one specific way to apply it this week.

## 7. Theological Research

I want to understand the different Christian views on [topic, e.g. spiritual gifts / end times / prayer]. Give me a fair summary of 2-3 major perspectives with their key Scripture support. Note where there is broad agreement and where Christians genuinely differ. Don't tell me which is right.

## ■ Family & Parenting

### 8. Family Devotional

Create a 15-minute family devotional on [forgiveness] for kids aged [8-12]. Structure: (1) opening question that gets them thinking, (2) a Bible story that illustrates the theme, (3) 3 discussion questions scaled to their age, (4) one application they can try this week, (5) a closing prayer prompt – not the prayer itself, but a prompt that invites them in.

### 9. Hard Questions

My [10-year-old] asked '[why does God let bad things happen to good people?]' Give me a biblically honest, age-appropriate answer. Include one Scripture to anchor it and one story or analogy that works for their age. Don't over-simplify – kids sense when we're dodging.

### 10. Scripture Memory

I want my kids to memorize [Psalm 23]. Create an engaging learning activity with movements or visuals for each verse. Also write a simplified paraphrase in language a [7-year-old] can understand without losing the meaning.

### 11. Teen Conversation

My teenager is struggling with [peer pressure around social media]. Give me: (1) two biblical principles that apply with Scripture references, (2) three conversation starters that won't shut them down, and (3) one boundary I could propose with a reason they can actually hear.

### 12. Parenting with Discernment

I want to talk to my [12-year-old] about how AI can shape the way they think. Give me age-appropriate language, one real example they would understand, and how to frame it as biblical discernment – not just 'be careful.'

## ■ Work & Calling

### 13. Email Polish

I need to send a difficult email about [situation] to [colleague/boss]. Here's my draft: [paste]. Make it more professional and clear. Flag any phrases that might land harder than I intend. Preserve my voice.

#### 14. Career Discernment

I'm considering a career change from [current role] to [new field]. Give me 5 discernment questions to bring to prayer – specific to this transition. Include at least one that considers how this choice serves others, not just me.

#### 15. Workplace Ethics

I'm facing this situation at work: [describe]. Give me a biblical framework for how to think through it – not just a list of rules. What principle in Scripture applies most directly, and what does honoring God look like in this specific context?

#### 16. Excellence at Work

I'm a [teacher / nurse / accountant / business owner]. Give me 3 ways to use AI to do my work with greater excellence – not to replace my judgment, but to create more space for the parts of my work that require human presence and care.

#### 17. Conflict Resolution

I have a conflict with [coworker/boss] about [issue]. Walk me through Matthew 18:15-17 as a framework for how to approach this. Then give me 3 opening lines that are honest but not escalating.

### ■ Evangelism & Apologetics

#### 18. Hard Question Response

My [friend/coworker] said '[the Bible contradicts itself]'. Give me a thoughtful, gracious response that keeps the conversation open – not one that wins an argument. What's the strongest version of their concern, and how would I address it honestly?

#### 19. Gospel Clarity

Help me explain the gospel to someone with no church background who uses no religious language and is skeptical of institutions. Under 200 words. Personal, not theological-sounding.

#### 20. Personal Testimony

Here's a brief summary of my story: [2-3 sentences about your journey]. Help me shape this into a 2-minute testimony. Structure: life before / the turning point / life after / what I want others to know. Keep it specific and real – no Christian cliches.

#### 21. Cultural Bridge

I'm talking with someone who holds [specific worldview, e.g. secular humanism / New Age spirituality]. What common ground can I honestly start with, and what's the most important distinction I need to make?

### ■ AI Discernment Prompts

## 22. Evaluate an AI Response

I asked AI: [question] – and it gave me this answer: [paste response]. Help me evaluate it: What looks accurate? What should I verify against Scripture or other sources? Does anything concern you? What follow-up question should I ask?

## 23. Verify a Scripture Claim

AI told me that [Scripture reference or quote]. Can you verify: Is this verse reference accurate? Is the quote exact? What's the context of this passage, and does the way it's being used match the original meaning?

## 24. Custom Instructions Builder

Help me write a Custom Instructions paragraph for [ChatGPT/Claude] that establishes me as a Christian who wants biblically grounded responses. Include: my faith identity, how I want Scripture referenced, what to do when uncertain about theology, and what content to avoid.

## 25. Honest AI Self-Audit

I want to evaluate my AI use honestly. Ask me 8 specific, convicting questions that help me discern whether I'm using AI as a faithful steward or sliding toward passive consumption – then, based on my answers, name the one habit I should change first.

## PART 4: THE THREE GUARDRAILS

These aren't suggestions. They're non-negotiables for any believer using AI.

### 1 Verify Everything

AI generates plausible-sounding text. Plausible is not the same as true. It can hallucinate Scripture references, misquote theologians, and present error with complete confidence. Before you teach, share, or act on any AI response — verify it. Especially Scripture. If AI gives you a verse, find it yourself in your Bible. If AI gives you a fact, look it up. If AI gives you theology, run it through your pastor or a trusted commentary like Blue Letter Bible or David Guzik.

*"The simple believes every word, but the prudent considers well his steps." — Proverbs 14:15 (NKJV)*

### 2 Don't Confess to a Machine

AI can feel like a safe space. It's available 24/7, never judges, and always responds. That's exactly the danger. Spiritual struggles, private sin, fears, grief — these belong in relationship: with God, your pastor, your spouse, your church family. AI has no soul, no pastoral authority, and no accountability before God. When you confess to a machine, you trade healing for the appearance of being heard. Bring the real things to real people.

*"Confess your trespasses to one another, and pray for one another, that you may be healed." — James 5:16 (NKJV)*

### 3 Don't Replace What God Gave You

God gave you a mind, a community, a pastor, His Word, and His Spirit. AI can assist your study — it cannot replace it. AI can help you think — it cannot think for you. The moment AI becomes your primary source of wisdom, guidance, or spiritual nourishment, you have crossed from user to consumer. Come back to the Word. Come back to community. Let AI remain a tool, not a teacher.

*"Your word is a lamp to my feet and a light to my path." — Psalm 119:105 (NKJV)*

On [biblemorning.com](http://biblemorning.com) you'll find the fuller posture we teach — the six Pillars of Bible Morning. These three guardrails are where every believer starts.

## PART 5: THE DISCERNMENT CHECKLIST

Before you trust, share, or act on an AI response, run through these questions.

### Truth Test

- Does this align with Scripture?
- Have I verified the factual claims?
- Does this contradict core Christian doctrine?
- Would my pastor or a trusted mentor agree?

### Source Test

- Can I verify this information elsewhere?
- Is AI citing real, named sources? (Ask: "What sources support this?")
- Is this stated as fact, or is it AI's opinion or inference?

### Wisdom Test

- Does this pass the fruit test? (Galatians 5:22-23)
- Is this glorifying to God?
- Would I be comfortable if my pastor saw this conversation?
- Am I using AI as a shortcut to avoid prayer or personal study?

### Privacy Test

- Am I sharing information that belongs to someone else?
- Would I be comfortable if this conversation became public?
- Am I protecting the privacy of people I'm praying for or counseling?

*If you answer "no" to any question — stop. Pray. Then proceed.*

## PART 6: WHAT NOT TO DO WITH AI

### **DON'T: Treat AI as a Spiritual Authority**

**Why:** AI can summarize theology, but it is not a theologian and it is not guided by the Holy Spirit. Major doctrinal questions need pastors, scholars, and the Word.

**Do Instead:** Use AI to research different perspectives — then bring those perspectives to your pastor or a trusted commentary for evaluation.

### **DON'T: Replace Personal Bible Reading**

**Why:** AI can explain Scripture, but nothing replaces you reading God's Word directly. Study fueled by AI alone is shallow study.

**Do Instead:** Read the passage yourself first. Then use AI to deepen what you already encountered.

### **DON'T: Share Confidential Information**

**Why:** AI conversations may be stored and used for training. Never share: personal prayer requests with identifying details, names of people you're counseling, confidential ministry matters, or others' private information.

**Do Instead:** Use general terms. "A friend struggling with addiction" rather than names or identifying details.

### **DON'T: Rely on AI for Moral Decisions**

**Why:** AI doesn't have the Holy Spirit. It can present ethical frameworks, but it cannot tell you what God specifically wants for your life.

**Do Instead:** Use AI to explore perspectives. Then bring the decision to prayer and godly counsel.

### **DON'T: Copy and Paste Without Reviewing**

**Why:** AI makes confident mistakes. It can cite fake sources, misquote Scripture, and invent statistics. Every piece of AI output you publish carries your name.

**Do Instead:** Always read, verify, and edit AI's work before using it. Never paste directly into a sermon, social post, or lesson without your own eyes on it first.

## PART 7: FIVE TIPS FOR USING AI WELL

### Tip 1: Be Specific — Always

The quality of your answer depends entirely on the quality of your question.

#### Weak

Tell me about prayer.

#### Strong

Explain the Lord's Prayer (Matthew 6:9-13, NKJV) verse by verse. Include the cultural context of each petition, what a first-century Jew would have understood, and one practical application for daily life.

### Tip 2: Give AI a Role

Framing AI as a specific expert dramatically improves response quality.

#### Example

Act as a Bible scholar who specializes in Second Temple Judaism. I'm studying [book/passage]. Ask me questions that help me understand the historical context before I start interpreting.

### Tip 3: Use AI for Brainstorming, Not Final Answers

AI is best at generating ideas to start with, organizing your thoughts, and surfacing different perspectives. AI is weakest at original theology, personal spiritual direction, and moral decisions that involve your specific circumstances.

### Tip 4: Iterate Until You Get What You Need

Don't accept the first response. Push back with:

#### Follow-up

That's good. Can you make it more practical for someone without a seminary background? Simplify this for a 10-year-old. Give me three more examples, but from the Old Testament this time.

### Tip 5: Save What Works

When AI gives you something genuinely useful — save it. Build your own library of prompts that work for your specific life, study habits, and ministry context. Over time, your personal prompt library becomes one of your most useful ministry tools.

## PART 8: YOUR 7-DAY AI CHALLENGE

Try one prompt each day this week. By Sunday, you'll have a real sense of how AI fits — and doesn't fit — your life with God.

Day 1 — Monday	<b>BIBLE STUDY</b>	Use Prompt 1 (Cross-Reference) on a verse from your current reading.
Day 2 — Tuesday	<b>FAMILY</b>	Use Prompt 8 (Family Devotional) to plan something for this week.
Day 3 — Wednesday	<b>WORK</b>	Use Prompt 15 (Workplace Ethics) on a real situation you're navigating.
Day 4 — Thursday	<b>APOLOGETICS</b>	Use Prompt 18 (Hard Question Response) to prepare for a conversation you've been avoiding.
Day 5 — Friday	<b>PRAYER</b>	Use Prompt 5 (Prayer Framework) and then actually pray it.
Day 6 — Saturday	<b>TESTIMONY</b>	Use Prompt 20 (Personal Testimony) to sharpen your story.
Day 7 — Sunday	<b>REFLECTION</b>	Look back at the week. What did AI do well? Where did you need to verify? What would you do differently? Bring that reflection to God.

## PART 9: COMMON QUESTIONS ANSWERED

### How much does AI cost?

ChatGPT and Claude both have generous free versions. The vast majority of what's in this guide can be done without paying anything. Paid plans add speed and features, but you don't need them to start.

### Do I need to be tech-savvy?

If you can send an email, you can use AI. It's just typing questions and reading responses. The challenge isn't technical — it's learning to ask good questions. That's what this kit helps you with.

### Will AI make me lazy in my faith?

Only if you let it. The Three Guardrails (Part 4) are designed to prevent that. AI is a tool for your study — like a concordance or commentary. No one ever got spiritually lazy from using a concordance.

### Can I trust AI's Bible knowledge?

Partially. AI knows a great deal about the Bible — but it can also misquote, hallucinate verse references, or give you content shaped by theological bias. Always verify Scripture against your actual Bible. Always.

### What if I get a weird or wrong answer?

It happens. That's why the Discernment Checklist exists. Push back, ask follow-up questions, or consult a trusted resource. AI output is always a starting point, never a finish line.

### Is there a Christian AI?

Not yet — and be cautious of tools that claim to be. What you can do is configure any mainstream AI tool to respect Christian values using the custom instructions in Part 2. Bible Morning's Foundry engines take this further for deep Scripture study.

### What if AI says something that contradicts the Bible?

Stop. Don't use it. AI has no theological authority. When its output contradicts Scripture, Scripture wins. Use it as a teaching moment for yourself on why discernment matters — and move on.

## WHAT'S NEXT: GO DEEPER WITH BIBLE MORNING

### This kit gives you the foundation. Here's what to do right now:

- Set up your free AI account (ChatGPT or Claude)
- Add the Christian custom instructions from Part 2
- Try your first 3 prompts from Part 3
- Keep the Three Guardrails visible while you use AI
- Run the Discernment Checklist whenever you're unsure

### Want to Go Deeper?

Bible Morning has built structured resources for believers who want to go further:

#### The Guardrail Builder

**\$39 — [learn.biblemorning.com](https://learn.biblemorning.com)**

A ready-made protection layer you paste into ChatGPT or Claude in a few minutes. It holds the line on the things AI gets wrong on its own — hallucinated verses, false memory, flattery, and AI posing as a counselor — with eight built-in walls that stand no matter what you type. The easiest, lowest-cost way to make the guardrails in this kit automatic.

#### First Light Plus — Bible Study Engine

**\$24 — [learn.biblemorning.com](https://learn.biblemorning.com)**

A professionally configured, context-engineered Bible study tool built specifically for Scripture study. It doesn't guess Scripture from memory — it fetches the real text and verifies it. Delivers rich historical context, word studies, passage analysis, and a 7-day journey builder. This is what AI-assisted Bible study looks like when it's built with care.

#### AI 101: What Is This Thing?

**\$49 — [learn.biblemorning.com](https://learn.biblemorning.com)**

Bible Morning's foundational course on AI literacy for believers. Covers how AI works, what values are embedded in these systems, how to evaluate AI output with biblical discernment, and how to use AI tools faithfully in daily life. No technical background required.

#### Bible Morning Vantage — For Leaders

**[vantage.biblemorning.com](https://vantage.biblemorning.com)**

Hands-on training and consulting for church leadership teams, Christian business owners, and Christian professionals navigating AI. We help leaders build a biblical theology of technology, develop AI use policies, and equip their people with frameworks for faithful engagement.

## ABOUT BIBLE MORNING

Bible Morning LLC is a faith-based AI literacy organization founded by Dennis Winten to help believers use technology with biblical discernment. Our mission: equip believers to understand artificial intelligence, use it wisely, and remain anchored to truth.

We believe Christians don't need to fear technology. We don't need to consume it blindly. We need to steward it faithfully — the same way we steward time, money, relationships, and every other gift God entrusts to us.

*Everything we build rests on one distinction: Be users, not consumers.*

[biblemorning.com](https://biblemorning.com) · [learn.biblemorning.com](https://learn.biblemorning.com) · [info@biblemorning.com](mailto:info@biblemorning.com)

*"And whatever you do, do it heartily, as to the Lord and not to men."  
— Colossians 3:23 (NKJV)*

AI is just a tool. But in the hands of a Christ-follower who uses it with wisdom and discernment, it can deepen your Bible study, strengthen your family, multiply your ministry impact, and free up time for the things that matter most. You don't have to fear it. You don't have to consume it blindly.

**You can steward it. For His kingdom.**

© 2026 Bible Morning LLC. All rights reserved. Share freely with your church, small group, or friends — but please don't sell it or remove this notice. Let's equip the body of Christ together.