

SCRIPTURE CHECK IT

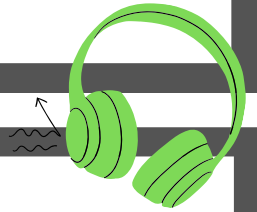
God cares about the content we watch, read, and listen to because he knows it has an affect on us - which can be positive or negative. Remember that He wants you to have an ABUNDANT life (John 10:10). What do these Scriptures say regarding what we put in front of us?

Psalms 101: 3

Ephesians 5:3-10

Philippians 4:8

Psalms 4:20 – 24



EVALUATE YOUR MEDIA USAGE

- 🗨️ **Does this content celebrate or condone sin?** If it's celebrating the things God hates, consider if it's honoring to Him to watch/listen to it.
- 🗨️ **Do I go to this when I am tired, stressed? For an escape?** If you find yourself going to that content instead of going to God to talk with Him about what's stressing/tiring you, consider setting that thing aside for a time to focus on going to God first.
- 🗨️ **What does this movie/video game/song/podcast/tv show say about people? What does it say about God?** Pay attention to influence! If the content is making you see people as less valuable, or making you see God in a way that is not true to who He is, it's probably not the best content for you to dwell on.
- 🗨️ **How is this affecting how I view myself? What thoughts does it put in my head?** If the content is making you think of yourself negatively or causing you to focus on what you don't have, why would you want to consume that content?
- 🗨️ **Is it taking up a lot of my headspace? Do I think about it all the time?** If you're always thinking about that book, movie or video game, it's likely becoming an idol in your life. What does Scripture teach us about idols?
- 🗨️ **What about this draws me in?** If you find yourself obsessed with a movie, book or video game, ask yourself why. That may show you what you are seeking when you need to look to God for that (love, affirmation, friendship, adventure, excitement, peace, etc.)
- 🗨️ **How many hours per day and week is this taking of my time? Am I slacking on other responsibilities and good habits because entertainment is taking up most of my time/life?** If you find yourself missing out on other areas of life because entertainment takes up too much of your time, are you spending more time in real life or fantasy? Consider setting boundaries with how much time you'll allow yourself on entertainment each day.
- 🗨️ **Do you have any limits that you need to set for yourself with entertainment?** Invite the Holy Spirit to guide you! He cares about you and wants to help you to be all that He has called you to be. Entertainment has a place - just ask Him to help you see what that looks like in your life!