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How to use your head to guard your heart

When it comes to your taste in media, how do you decide what's worth your time? What standards do you use to decide what you like and don't like? When it comes to media content, how do you personally judge what's "good" media or "bad" media? This series is designed to help students think biblically about the kinds of media that are consumed and to avoid the over simplistic approaches of either "it's all evil" or "it's all good." We will walk through different bible passages and help students think through the simple process of *Discern and Decide* as we evaluate media and seek to use our head to guard our heart.

Weekend Breakout Details

Part 1 (Oct 8): Discern

Passages: Proverbs 4:23, 1 Corinthians 10:31

Tension: We don't think media really impacts us when it comes to choosing what we consume.

However, am I aware of what is being communicated? How am I being impacted? What filter do I use?

Bottom Line: Do you use media mindlessly or mindfully?

Part 2 (Oct 15): Decide

Passages: Philippians 4:8

Tension: We are often moved and act more quickly in response to what feels good rather than what we know is helpful. This can cause regrets or wishing we had thought about things in advance.

Bottom Line: How to use our head to guard our heart. Is this wholesome or excellent?