

“Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful” (Joshua 1.8 NIV).

# Media Meditation:

## The Battle of Two Voices



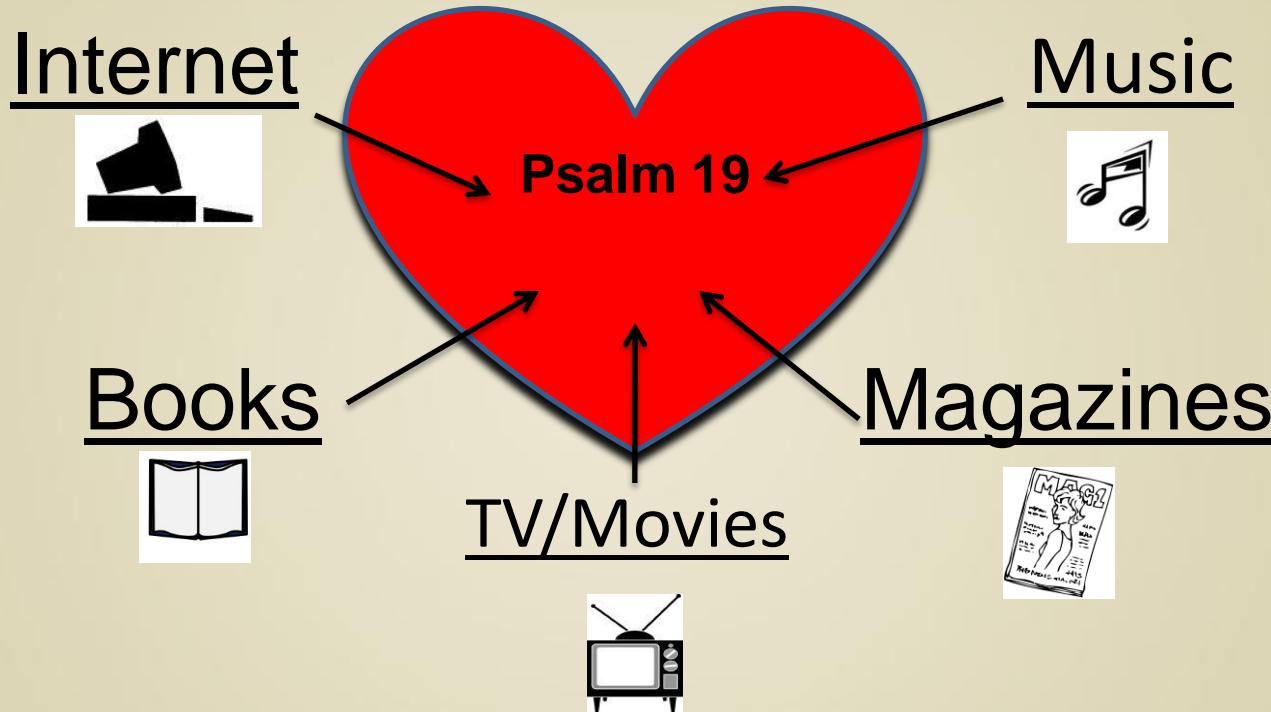
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Meditate – speak, imagine, study, utter, think, ponder, contemplate, muse, declare

Meditating is like Consuming or eating Information.

# Five Channels: Information Consumption

“May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer”  
(Psalm 19.14  
The Message).



When we consume information from these five channels, we are either filling our hearts with God's truth or the Enemy's lies. We need to meditate on media that is yoked to the Kingdom of God, so that we can fulfill our God-ordained purposes.

# Yoked

Christians need to make sure that the media they are meditating on is yoked to God's truth, not the Enemy's lies.

Kingdom of  
God

VS.

Kingdom of the Enemy [Read Yoked Article](#)



"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light"  
(Matthew 11:29-30 NIV).

# The Voice of Truth

“The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they display knowledge. There is no speech or language where their voice is not heard”  
(Psalm 19:1-3 The Message).

“Serve only the Lord your God and fear him alone. Obey his commands, listen to his voice, and cling to him” (Deuteronomy 13:4 NLT).

“I tell you the truth, a time is coming and has now come when the dead will hear the voice of the Son of God and those who hear will live” (John 5:25 NIV).

If we want to be yoked to the Kingdom of God, we need to focus our ears on God’s voice – the voice of truth. His voice is everywhere; however, we need to filter out the constant distracting noise of the Enemy. There are many Christian media ministries working diligently to become megaphones for the voice of truth. Let us promote those ministries and guide people to God’s truth.

# The Voice of Lies

“Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are” (1 Peter 5.8-9 NLT).

“When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in his heart. This is the seed sown along the path” (Matthew 13.19 NIV).

“We know that we are children of God, and that the whole world is under the control of the evil one. We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true—even in his Son Jesus Christ. He is the true God and eternal life” (1 John 5.19-20 NIV).

Sometimes we don't even realize that what we are watching, listening to or reading is yoked to the Kingdom of the Enemy. The Enemy is sly and deceptive, and he uses mainstream normality to get Christians to consume his lies and deceit. The Enemy has a monopoly on mainstream media, and Christians need to daily cut the ties that connect us to him. Let us not be the Enemy's puppets, promoting his anti-God agenda.

# No Middle Ground

“This is war, and there is no neutral ground. If you're not on my side, you're the enemy; if you're not helping, you're making things worse” (Matthew 12.30 The Message).

“For we are not wrestling with flesh and blood [contending only with physical opponents], but against the despotisms, against the powers, against [the master spirits who are] the world rulers of this present darkness, against the spirit forces of wickedness in the heavenly (supernatural) sphere” (Ephesians 6.12 AMP).

“My prayer is not that you take them out of the world but that you protect them from the evil one” (John 17.15 NIV).

The most important truth to remember is that there is no middle ground in this world. People were made to glorify, and we either glorify the Kingdom of God or the Kingdom of the Enemy. Christians need to constantly ask themselves, “Is this glorifying God or the Enemy?” Ignorance is the Enemy’s ultimate key for victory. If the Enemy can make us blind to his movements, we become unknowing agents of his kingdom. Draw close to God, and He will guide your every step.

# Music

“Sing praises to the LORD, enthroned in Zion; proclaim among the nations what he has done” (Psalm 9.11 NIV).



“For you have heard my vows, O God;  
you have given me the heritage of those who fear your name....  
Then will I ever sing praise to your name  
and fulfill my vows day after day” (Psalm 61.5 & 8 NIV).

Is the music you are listening to full of truth or lies?

Could you jam out to your music at the gates of heaven?

Do you think your music is yoked to the Kingdom of God or the Kingdom of the Enemy?

# Truth for Music

Prophet Deborah - "Hear this, you kings! Listen, you rulers! *I will sing* to the LORD, I will sing; I will make music to the LORD, the God of Israel (Judges 5.3 NIV).

King David – “Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will *sing and make music* to the LORD” (Psalm 27.6 NIV).

Prophet Isaiah – “*Sing for joy*, O heavens, for the LORD has done this; shout aloud, O earth beneath. Burst into song, you mountains, you forests and all your trees. (Isaiah 44.23a NIV).

Apostle Paul – “Speak to one another with *psalms, hymns and spiritual songs*. Sing and make music in your heart to the Lord” (Ephesians 5.19 NIV).

Jesus – “Meanwhile, the older son was in the field. When he came near the house, he heard *music and dancing*” (Luke 15.25 NIV).

[Watch Lyric Video](#)

# Magazines

## Low-Self Image

- I hate my body
- I'm not pretty
- I will never be hip
- I don't have the right car, house, clothes, etc.

## Gossiping

- Look who she's dating
- I can't believe he did that
- They spent so much money
- What a hideous dress



## Low-Self Worth

- I'm not good enough
- I have nothing to offer
- People will never like me
- I have to prove myself

## Coveting

- I need more clothes
- I need better accessories
- I need a bigger house
- I need to have more fun

How is your magazine consumption affecting your spiritual growth?

# Truth for Magazines

“I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well” (Psalm 137.14 NIV).

“See how very much our Father loves us, for he calls us his children, and that is what we are! But the people who belong to this world don’t recognize that we are God’s children because they don’t know him” (1 John 3.1 NLT).

“We know, dear brothers and sisters, that God loves you and has chosen you to be his own people” (1 Thessalonians 1.4 NLT).

“Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God’s work from beginning to end” (Ecclesiastes 3.11 NLT).

# Christian Magazines/Publications

- [CCM Magazine](#)
- [Charisma Magazine](#)
- [Christian Activities](#)
- [Christian Women Online](#)
- [Christianity Today](#)
- [Enjoying Everyday Life Magazine](#)
- [Exemplify Online & Magazine](#)
- [Faith Writers Magazine](#)
- [Focus on the Family Magazine](#)
- [Internet Café](#)
- [Heart of the Matter](#)
- [Java with Jennifer](#)
- [Men Today Online](#)
- [Proverbs 31](#)
- [Risen Magazine](#)
- [Sanctified Together Publication](#)
- [Soujourners Magazine](#)
- [Take Root and Write Magazine](#)
- [Women Today Magazine](#)
- [World Magazine](#)



Start replacing secular magazines that are filled with lies with Christian magazines that seek to find truth.

Pray and ask God to help you!

Who are you hanging out with via TV?

What images are you consuming?

What sins are washing into your home and hearts?

Are you able to influence the actors?

Do you have God's grace for your exposure to sin?

# TV/Movies



"Do not be misled: "Bad company corrupts good character" (1 Corinthians 15.3 NIV).

*Video Games included!*

After watching a movie, discuss the movie with another Christian and identify the lies and the truth found in the movie. This will help the lies from taking root in your heart.

# Truth For TV/Movies

“Post a guard at my mouth, God, set a watch at the door of my lips. Don't let me so much as dream of evil or thoughtlessly fall into bad company. And these people who only do wrong— don't let them lure me with their sweet talk! May the Just One set me straight, may the Kind One correct me, Don't let sin anoint my head. I'm praying hard against their evil ways!” (Psalm 141.3 The Message).

“I do not sit with deceitful men, nor do I consort with hypocrites; I abhor the assembly of evildoers and refuse to sit with the wicked” (Psalm 26.4-5 NIV).

“Dear friend, don't let this bad example influence you. Follow only what is good. Remember that those who do good prove that they are God's children, and those who do evil prove that they do not know God” (3 John 1.11 NLT).

“By the blessing of the influence of the upright and God's favor [because of them] the city is exalted, but it is overthrown by the mouth of the wicked” (Proverbs 11:11 Amplified).

# Christian Comedy

Find Christian alternative shows, video games & series.

Take pleasure in watching God's promises.

Support Christian ministries that produce Christian media.

[Tim Hawkins](#)



The Bible is your primary resource and the Holy Spirit is your ultimate counselor.

Writers can become your spiritual mentors.

Learn about God from other godly perspectives.

# Books



Make sure the books you consume are written by Spirit-led writers.

Fiction and non-fiction Christian books can draw you closer to God.

Support Christian writers who are proclaiming God's truth.

“Where no wise guidance is, the people fall, but in the multitude of counselors there is safety” (Proverbs 11.14 AMP).

# Truth for Books

“And he said to me, "Son of man, eat what is before you, eat this scroll; then go and speak to the house of Israel.“ So I opened my mouth, and he gave me the scroll to eat” (Ezekiel 31.2-3 NIV).

“Then the LORD said to me, "The prophets are prophesying lies in my name. I have not sent them or appointed them or spoken to them. They are prophesying to you false visions, divinations, idolatries and the delusions of their own minds” (Jeremiah 14.14 NIV).

“Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart” (Proverbs 7.2-3 NIV).

# Mentor Quotes

Gain many  
counselors!

"The methods He teaches us to use to be victorious are usually the opposite of what seems to make sense in our heads." – Joyce Meyer (*Conflict Free Living*)

"Jesus gave a comprehensive promise: Whatever we ask in His name, He will do. But the basis on which He will do this is this: 'that the father may be glorified in the Son.'" – Derek Prince (*Secrets of a Prayer Warrior*)

"It is funny how mortals always picture us as putting things into their minds: in reality our best work is done by keeping things out." – C.S. Lewis  
(*Screwtape Letters*)

"It's not how much we have that matters – it is whose it is." – Robert Morris (*The Blessed Life*)

"Right now a hundred million angels are praising God's name; He certainly doesn't need to beg or plead with us." Francis Chan (*Crazy Love*)



# Internet

## ABCs of Online Sin

1. Alone
2. Bunch of sin
3. Comfortable
4. Ddistracted
5. Easy



- Stay accountable.
- Monitor online use.
- Stay clear of temptation.
- Get online filters.
- Support online ministries.

“The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks” (Luke 6.45 NIV).

# Internet Truth

“But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart” (Matthew 5.28 NLT).

“Don’t do as the wicked do, and don’t follow the path of evildoers” (Proverbs 4.14 NLT).

“Even Death and Destruction hold no secrets from the LORD. How much more does he know the human heart!” (Proverbs 15.11 NLT).

“I will set no base or wicked thing before my eyes. I hate the work of them who turn aside [from the right path]; it shall not grasp hold of me” (Psalm 101.3 AMP).

“Above all else, guard your heart, for it is the wellspring of life” (Proverbs 4.23 NIV).

# Online Filter Services

## Paid Filtering Services

- ✓ EBlaster <http://eblaster.com>
- ✓ Web Watcher <http://www.webwatchernow.com>
- ✓ Covenant Eyes <http://covenanteyes.com>
- ✓ Safe Eyes <http://safeeyes.com>

## Free Filtering Service

- ✓ Open DNS <http://www.opendns.com>

## Online privacy Information

- ✓ GetNetWise <http://www.getnetwise.org>
- ✓ OnGuard Online <http://onguardonline.gov>
- ✓ Stay Safe Online <http://staysafeonline.org>
- ✓ NetSmartz Workshop <http://www.netsmartz.org>
- ✓ iKeepSafe <http://www.ikeepsafe.org>



# Revive Your Media Meditation!

## Get Media Handouts

Complete the handouts with the Holy Spirit and ask Him to help cultivate your media meditation. Media is our primary source of meditation, and we want it to be a pleasing aroma to God. We want to make sure that we are filling our lives with God's truth, not the Enemy's lies.

Christians are called to be holy and sanctified – the New Testament priests who represent Jesus in a dark world. Let us determine to be different than mainstream culture, and show the world what looks like to be spirit-led Christians (1 Corinthians 1.2 & Revelation 1.6).

"I'm sending you off to open the eyes of the outsiders so they can see the difference between dark and light, and choose light, see the difference between Satan and God, and choose God. I'm sending you off to present my offer of sins forgiven, and a place in the family, inviting them into the company of those who begin real living by believing in me" (Acts 26.17-18 The Message).

Created by,  
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Presentation performed for [A Woman Inspired](#) at the online Get Revived Conference 2010!