Guarding Your Eyes and Ears: A Biblical Guide for Christians on Entertainment Choices

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In today’s **media-saturated world, movies, series, music, and digital content** are not just entertainment—they shape our thoughts, emotions, and spiritual lives. These forms of media often carry **subtle ideologies** that influence how we see **morality, truth, and even God**. As Christians, we are called to **live holy lives, guarding what enters our minds through our eyes and ears**. Jesus taught that what we see and hear affects the heart, either defiling or edifying us. Media is **never neutral**; it holds **spiritual power**. Satan, called “**the prince of the power of the air” (Ephesians 2:2)**, uses media to spread deception, glorify sin, and **distract** believers from prayer, worship, and the Word. In an age of constant digital access, we must stay alert, choosing input that draws us closer to God rather than away from Him.

## **1. The Eyes and Ears: Gateways to the Soul**

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.”  
— *Matthew 6:22 (NIV)*

“Consider carefully what you hear,” he continued. “With the measure you use, it will be measured to you—and even more.”  
— *Mark 4:24 (NIV)*

Our eyes and ears serve as spiritual entry points. What we look at influences our hearts and minds—either filling us with the light of Christ or with spiritual darkness. Repeated exposure to content that glorifies sin **(violence, sexual immorality, profanity, demonic themes or imagery)** can lead to a **desensitized conscience and a distorted sense of righteousness** (contaminate our hearts and distance us from God). Just as we would not willingly allow garbage into our homes, we must not allow spiritual garbage into our hearts through careless viewing.

Everything we watch and listen to either fills us with the light of Christ or the darkness of the world.

* **Positive Effect:** Consuming godly content through film and music can encourage, uplift, and reinforce biblical truths.
* **Negative Effect:** Repeated exposure to sin in entertainment can normalize ungodliness, blur moral boundaries, and open the door to spiritual compromise.

## **2. Avoiding the Appearance and Influence of Evil**

“Abstain from all appearance of evil.”  
— *1 Thessalonians 5:22 (KJV)*

Many movies glorify **sin—adultery, fornication, witchcraft, greed, rebellion, arrogance, pride**—and make these sins seem attractive or harmless. Watching such content, even passively, can dull your conscience and subtly shift your spiritual convictions and slowly erode your biblical convictions. We are not just warned against doing evil but also against entertaining it.

Even if we are not directly participating in sin, indulging in entertainment that glorifies or trivializes it can be just as harmful.

**Consider this**: Would you sit comfortably watching that same movie if Jesus were physically sitting beside you?

Media often glamorizes sin—making adultery romantic, greed ambitious, rebellion heroic, and blasphemy humorous.

* **Negative Effect:** Listening to ungodly messages desensitizes us to sin and reprograms our values.
* **Practical Tip:** Evaluate not just the plot or lyrics, but the underlying values. Does it challenge or support your walk with Christ?

## **3. Setting No Wicked Thing Before Our Eyes and Ears**

“I will set no wicked thing before mine eyes.”  
— *Psalm 101:3 (KJV)*

Movies that depict wickedness, glorify rebellion, or normalize ungodly lifestyles are dangerous to a believer’s walk. Even if the storyline seems compelling, the spiritual influence it carries can affect your thoughts and behavior. We are to protect our eyes and minds from such things.

David made a conscious decision not to watch or entertain wickedness. Many modern films, while artistically well-made, present twisted morals, blasphemous content, or glorified rebellion. Don’t be fooled by cinematic excellence—evaluate the message behind the visuals.

Just as we wouldn’t invite evil into our homes, we should not invite it through our screens or speakers.

* **Negative Effect:** Exposure weakens spiritual defenses and opens doors to temptation.
* **Positive Effect:** Choosing media that reflects biblical values edifies the soul.

**Action Step:** Just as we filter the food we eat for our physical health, we must filter our media intake for our spiritual health.

## **4. Renewing the Mind Daily**

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”  
— *Romans 12:2 (NIV)*

The world uses media—movies, music, social media—to shape values and worldviews that are contrary to God’s Word. Watching worldly films without discernment conforms us to worldly thinking. Instead, we should filter all media through the lens of Scripture and seek content that edifies and glorifies God.

Movies often reflect secular worldviews—humanism, relativism, materialism—which are contrary to God’s Word. When Christians consume worldly media without discernment, our thinking is slowly conformed to the world rather than transformed by truth. Renewal comes through intentional filtering and biblical meditation.

What we consume becomes what we think—and what we think becomes how we live.

* **Practical Insight:** Ask: *Am I being entertained by what Jesus died to save me from?*
* **Positive Practice:** Replace secular media with Christ-centered alternatives.

## **5. Guarding Against Lust and Sensuality in Sound and Sight**

“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”  
— *Matthew 5:28 (NIV)*

Many movies today contain scenes or themes designed to stimulate lust or arouse impure desires. Such content is spiritually dangerous. God calls us to purity in thought, word, and deed. Watching provocative content leads to inward defilement, even if no outward sin is committed.

Lust is often ignited visually. Even one sensual or inappropriate scene can ignite impure thoughts or lead to habits like pornography. Jesus calls us to radical purity, not just in action but in intent and imagination.

Much of today’s media promotes lust and sensuality.

* **Negative Effect:** Leads to battles like lust, addiction, and relationship discontentment.

**Practical Tip:** If a film is rated for “sexual content” or “nudity,” ask: Is momentary curiosity worth long-term spiritual damage?

* **Practical Safeguards:**
  + Avoid films rated for sexual content or violence.
  + Use music filters or curated Christian playlists.
  + Establish accountability partners.

## **6. What You Hear Shapes Who You Become**

“Faith comes by hearing, and hearing by the word of God.”  
— *Romans 10:17 (NKJV)*

If faith is built by hearing God’s Word, what is being built when we constantly hear profanity, slander, gossip, or false teaching?

* **Positive Effect**: Listening to sermons, Scripture-based podcasts, and worship music builds faith, renews the mind, and helps memorize the Word.
* **Negative Effect**: Regular intake of ungodly lyrics or ideas erodes spiritual values and encourages compromise.

If faith is built by hearing God’s Word, what is being built when we hear profanity or false teaching?

## **7. We Will Give an Account for Every Influence We Accepted**

“So then each of us shall give account of himself to God.”  
— *Romans 14:12 (NKJV)*

Time is a gift from God, and how we use it matters. One day, we will stand before the judgment seat of Christ and account for how we used our time, including our entertainment choices. Did we invest in holiness, or did we waste hours feeding our flesh with ungodly content?

**Reflection:** If you added up the hours you spend watching films in a week, how much of it contributes to your walk with Christ?. If Jesus were physically beside you, would you continue watching or listening?

## **8. Think on What Is Excellent**

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure… think about such things.”  
— *Philippians 4:8 (NIV)*

God has not left us without a standard. The Philippians 4:8 filter helps us determine what content is worth consuming. Ask:

* Does this movie uphold truth and purity?
* Does it promote justice, compassion, or redemption?
* Does it leave me inspired, convicted, or spiritually refreshed?

## **The Devil’s Agenda in the Air:**

Satan, referred to in Scripture as **“the god of this world” (2 Corinthians 4:4)** and **“the prince of the power of the air” (Ephesians 2:2)**, uses modern **media—television, music, movies, social media, and the internet**—as powerful tools to fulfill his evil agenda of deception and destruction. **The world is under the control of satan (1 John 5:19 (NIV))**. Through these channels, **he blinds the minds of unbelievers** to the truth of the gospel, **promotes sinful lifestyles, glorifies rebellion, and inverts morality** by calling **evil good and good evil (Isaiah 5:20)**. Movies and entertainment often **normalize fornication, witchcraft, violence, pride, and other sins**, while mocking or marginalizing faith and Christian values. For believers, media becomes a subtle but effective distraction: hours spent binge-watching series or scrolling through social media often replace time that should be used for **prayer, Bible study, and fellowship with God**. This **weakens their spiritual life and draws them further from the presence of God**. Social media **fuels pride, comparison, and vanity**; music **seduces** through worldly lyrics and beats; and news outlets **propagate fear and division**. In all these ways, Satan uses the “air”—the space through which digital and broadcast media flow—to spread confusion, lust, fear, and rebellion, keeping many in spiritual blindness and believers in a state of lukewarmness and distraction. **Christians must be vigilant, discerning, and intentional** in resisting this influence and using media instead to glorify God and spread His truth.

### **Key Scriptures**

**✅ 1. Galatians 1:4 — “This Present Evil Age”**

“Who gave Himself for our sins to rescue us from the present evil age, according to the will of our God and Father.” — Galatians 1:4 (NIV)

This verse explicitly calls the current age (today’s world) evil. Jesus didn’t just die to forgive us—but to rescue us from it.

**✅ 2. 1 John 5:19 — The World Is Under Satan’s Control**

“We know that we are children of God, and that the whole world is under the control of the evil one.” — 1 John 5:19 (NIV)

This shows that the global system—governments, cultures, media, entertainment—is largely influenced by Satan.

**✅ 3. 2 Timothy 3:1–5 — People Will Be Lovers of Evil in the Last Days**

“But mark this: There will be terrible times in the last days. People will be lovers of themselves, lovers of money… lovers of pleasure rather than lovers of God—having a form of godliness but denying its power. Have nothing to do with such people.” — 2 Timothy 3:1–5 (NIV)

This is a vivid picture of today’s world: self-centeredness, greed, immorality, and godlessness disguised as “spirituality.”

**✅ 4. James 4:4 — Friendship with the World Is Enmity with God**

“You adulterous people, don’t you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.” — James 4:4 (NIV)

If the world were godly, it wouldn’t make us enemies of God. But its evil nature is so deep that aligning with it breaks our fellowship with God.

**✅ 5. John 15:18–19 — The World Hates Believers**

“If the world hates you, keep in mind that it hated me first… You do not belong to the world, but I have chosen you out of the world. That is why the world hates you.” — John 15:18–19 (NIV)

The world is hostile to Christ and His followers, not because it’s neutral, but because it is in rebellion against God.

## **Key Points to Remember**

* 🎯 **Media is not neutral** — it carries spiritual influence, either positive or negative.
* **⚔️ Satan uses media as a weapon** to shape thoughts, normalize rebellion, and draw people away from truth.
* **⏳ Entertainment often steals time** from what matters most: your relationship with God.
* **🧠 What we allow into our minds shapes our beliefs, emotions, and behavior**.
* **🕊️ Christians must be intentional**, filtering all media through the lens of Scripture and the guidance of the Holy Spirit.

## **Be Watchful and Wise**

We are not called to fear media, but to approach it with discernment and holiness. Just as we would guard our homes from intruders, we must guard our hearts, eyes, and ears from ungodly influence.

“I will set no wicked thing before mine eyes…” — Psalm 101:3 (KJV)

**✅ Use Media Wisely:**

* Use it to glorify God and grow spiritually.
* Choose movies and music that align with **Philippians 4:8**—what is pure, noble, lovely, and praiseworthy.
* Limit entertainment that distracts or deadens your spiritual appetite.
* Ask yourself regularly: Is this helping or hindering my walk with Jesus?

## **Practical Tips for Discernment**

* **Pray First:** Ask the Holy Spirit for guidance.
* **Use Christian Reviews:** Try PluggedIn, Common Sense Media, or MovieGuide.
* **Set Boundaries:** Use filters, time limits, and accountability tools.
* **Choose Edifying Content:** Swap secular media for faith-based alternatives.
* **Walk Away:** If the Spirit convicts you, stop watching or listening.

## **Conclusion: Holiness Requires Discipline**

We live in a world where **Satan rules the airwaves**, subtly influencing billions through content that looks harmless but carries **deadly spiritual consequences**. As believers, we are called to be separate (2 Corinthians 6:17), to walk in the light, and to be vigilant about what we consume.

“Therefore, come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you.”  
— *2 Corinthians 6:17 (NIV)*

“Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.” — 1 Peter 5:8 (KJV)

Let us guard our eyes, ears, hearts, and minds—not out of fear, but out of love and loyalty to the One who died for us. Let your media choices reflect your commitment to holiness, and let your time be spent in ways that draw you nearer to God—not further away.

God is not against entertainment—but He is against compromise. The devil rarely attacks head-on; he seduces through subtle, culturally acceptable sins. Don’t be passive. Be alert, prayerful, and pure in heart. Let your movie choices reflect your commitment to Christ.

Entertainment is not neutral—it either feeds your spirit or weakens it. Our pursuit of holiness must include what we choose to see and hear. This discipline honors God and strengthens our witness.

## **A Call to Action**

Ask yourself today:

* Is my media consumption helping me walk more closely with Jesus?
* Are my eyes and ears consecrated to God?

Like David, make a covenant with your senses. Dedicate your sight and hearing to the Lord. Let your screen time, playlist, and streaming choices reflect your identity as a child of God.

“Blessed are the pure in heart, for they shall see God.”  
— *Matthew 5:8 (NIV)*

## **Positive Effects of What We Watch and Hear (When Godly)**

### **Spiritual Growth**

* **Hearing the Word builds faith**
* *“So then faith comes by hearing, and hearing by the word of God.”*  
  — Romans 10:17 (NKJV)
* **Watching biblical teachings, sermons, and Christian films**  
  These help us understand scripture and grow in our walk with God.

### **Emotional Healing and Upliftment**

* **Worship music and faith-based content** bring comfort during trials.
* **Encouraging content** reduces anxiety and promotes peace.  
  *Philippians 4:6-8*

### **Moral Clarity and Conviction**

* **God-honoring media** reinforces godly values and righteous decision-making.
* **Sharpens our conscience** to discern good from evil.

*“But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”*  
— Hebrews 5:14 (NIV)

### **Mental Renewal**

* **Christian podcasts and teachings** renew the mind.  
  *Romans 12:2*
* **Pure content** reduces exposure to anxiety-inducing or depressive material.

### **Inspiration for Righteous Living**

* **Biographies, testimonies, and documentaries** of faithful Christians ignite zeal for God’s Kingdom.

### **Promotion of Peace and Rest**

* **Soothing worship music** promotes better sleep and mental stability.
* *“You will keep in perfect peace those whose minds are steadfast, because they trust in you.”*  
  — Isaiah 26:3 (NIV)

### **Cultural Impact**

* **Sharing or creating wholesome media** can influence others toward Christ.

## **Negative Effects of Ungodly Content**

### **On the Eyes: Visual Content (Movies, Series, Ads, Social Media)**

**Desensitization to Sin**

* Frequent exposure to sexual immorality, profanity, and violence dulls our spiritual sensitivity.
* What once shocked us becomes normal.

**Visual Lust and Sexual Temptation**

* Sensual scenes stimulate lust and can lead to addiction, fornication, adultery, or spiritual guilt.  
  *“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”*  
  — Matthew 5:28 (NIV)

**Fear, Anxiety, and Depression**

* Horror movies, disturbing scenes, or negative news can instill fear and trauma.

**Comparison and Discontentment**

* Social media promotes unrealistic standards, leading to envy and low self-worth.

**Time Theft**

* Binge-watching and endless scrolling steal time meant for prayer, relationships, and purpose.  
  *Ephesians 5:15-16*

**Distorted Reality and False Worldviews**

* Secular media promotes unbiblical ideologies like new age beliefs, atheism, or witchcraft.
* Truth and lies become blurred.

**Addiction and Compulsive Behavior**

* Algorithms trap users in a cycle of consumption.
* Leads to shortened attention spans and reduced self-discipline.

### **On the Ears: Audio Content (Music, Podcasts, Conversations)**

**Programming the Mind with Ungodly Messages**

* Secular music often glorifies pride, rebellion, greed, and sexual sin.

**Verbal Pollution**

* Repeated exposure to profanity, gossip, and slander diminishes reverence for God.

**Reinforcement of Negative Emotions**

* Music with angry or depressing themes can intensify feelings of rage or hopelessness.
* Spoken content on toxic relationships may fuel bitterness or unforgiveness.

**Openness to False Teaching**

* Listening to false doctrine can corrupt theology and draw us away from truth.

**Influence on Language and Speech**

* What enters our ears often comes out of our mouths—sarcasm, cursing, and disrespect can slip in.

**Distraction from God’s Voice**

* Constant stimulation dulls our sensitivity to God’s still, small voice.  
  *1 Kings 19:12*

**Disrupted Sleep and Mental Rest**

* Chaotic audio content negatively impacts peace, sleep, and spiritual rest.

**Choose what feeds your faith. Guard your gates. Live set apart.**