

GUARDING THE MIND

Navigating Media Influence as Christian Athletes

BIBLE STUDY

01 OBJECTIVE

To explore the impact of media on the minds of Christian athletes and to provide strategies for discerning and engaging with media in a way that aligns with biblical values and promotes living for God's kingdom.

02 OPENING PRAYER

Heavenly Father, we come before You recognizing the influence of media on our minds and hearts. Grant us wisdom and discernment as we navigate the digital landscape and seek to honor You in all we consume. **AMEN.**

03 BIBLICAL REFLECTION

Read [PHILIPPIANS 4:8](#). Reflect on Paul's exhortation to focus on whatever is true, noble, right, pure, lovely, and admirable, emphasizing the importance of guarding our minds and hearts.

04 DISCUSSION

- Share personal experiences of how media, including social media, news, and entertainment, has influenced your thoughts, attitudes, and behaviors.
- Discuss the potential benefits and dangers of media consumption for Christian athletes, including its impact on mental health, spiritual growth, and relationships.
- Explore biblical principles for discerning media content and engaging with it in a way that aligns with God's values.

05 APPLICATION

- Reflect on your current media consumption habits. Are there sources of media that have a negative influence on your mindset or spiritual walk?
- Identify specific steps you can take to guard your mind against harmful media influences, such as limiting screen time, curating your social media feed, and seeking out uplifting and edifying content.
- Commit to cultivating a media diet that promotes spiritual growth, mental well-being, and a deeper commitment to living for God's kingdom.

06 CLOSING PRAYER

Gracious God, we thank You for the gift of discernment and wisdom. Help us to guard our minds and hearts against negative media influences, choosing instead to focus on what is true, noble, right, pure, lovely, and admirable. May our media consumption reflect our desire to honor You in all we do. Our Father, who art in heaven... **AMEN.**