



Garbage In, Garbage Out

Pastor James Heyward

What you let in is what you will eventually live out.

“Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.” Philippians 4:8 (MSG)

“Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Philippians 4:8 (NIV)

- What you stream shapes your soul
Read 1 Corinthians 15:33 (MSG)

1. How does what you stream, watch or read measure up to Philippians 4:8?

2. Are there adjustments you need to make to what you stream, watch or read so that these are more edifying?

- Entertainment is never neutral - it disciples you
(makes you an adherent of that doctrine)
Read Colossians 3:17 (MSG)

3. Does your current choice of entertainment feed your spirit or drain your soul?

4. How does your preferred entertainment influence the way you live?

- Jesus shows us how to feast on good input
 - Scripture - Stories of Faith
 - Prayer - Fellowship with the Father

5. Which of these are you regularly inputting into your life?

6. Which of these do you need to be inputting in your life?

- We need filters, not more feeds
Re-read Philippians 4:8 (MSG)

7. Which of these filters do you need to be using on your current input?

- Your input determines your impact
Read 1 Corinthians 10:31 (MSG)
 - Audit your media diet
 - Swap one input for another
 - Choose glory in your downtime

8. Which of the above 3 suggestions, or another the Holy Spirit is impressing on you, will you put into action this week?

Garbage in, garbage out; Goodness in, goodness out. You choose.

