

# Prayer for Discernment in Media and Entertainment

## Scripture Foundation

### Philippians 4:8

“Whatsoever things are true... honest... just... pure... lovely... think on these things.”

### Psalms 101:3

“I will set no wicked thing before mine eyes.”

### 1 Corinthians 10:23

“All things are lawful for me, but all things are not expedient.”

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## Instruction

Pray this if you want wisdom in what you watch, listen to, follow, or engage with in media and entertainment. Not everything that is available is beneficial.

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## The Prayer

Father God,

I come before You in the name of Jesus Christ. I acknowledge that what I consume shapes how I think, how I respond, and what I value.

In a world filled with constant media, entertainment, and digital content, give me discernment.

Your Word instructs me to think on what is true, pure, and honorable. Help me recognize when something I am watching or listening to pulls my mind away from those things.

If I have allowed entertainment that glorifies sin, violence, immorality, pride, or deception to influence my thinking, I repent.

If I have been careless with what I expose my eyes and ears to, correct me.

Teach me to pause before consuming content. Teach me to ask whether it builds wisdom or weakens conviction.

If certain media has desensitized my heart or distorted my perspective, renew my mind through Your Word.

Give me discipline to step away from content that erodes discernment. Give me courage to reject what culture celebrates when it contradicts Scripture.

Let my choices reflect wisdom, not impulse.

My time, my attention, and my focus belong to You.

Help me fill my mind with what strengthens faith, builds understanding, and encourages righteousness.

In the name of Jesus Christ,  
Amen.

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### **Closing Declaration**

I guard what I allow into my mind.  
I choose wisdom in media and entertainment.  
My thoughts are shaped by truth.