



Entertainment Trap

Session Guide and Review Notes

Entertainment Trap

5 min Welcome and Introduction

PowerPoint Presentation: Short (10-15 min.) or Long (30 min.) version

Summary: Entertainment Trap

- Our world has gone digital. Today's children are spending seven hours a day or more on entertainment media, including TV, computers, iPods, phones, and video games. American Academy of Pediatrics; Toolkit, 2016.
- Excessive media affects:
 - ✓ Social and coping skills that require time, focus, and practice.
 - ✓ Attention, mood, creativity, and motivation.
 - ✓ Risk for depression, mood disorders, and addiction. Microsoft Insights: Attention span report, Spring 2015.
- "Recent brain imaging studies conclusively show that excessive screen exposure can neurologically damage a young person's developing brain in a similar way as cocaine addiction." Nicholas Kardaras, PhD, Glow Kids, p 4.
- "When stimulation comes at us from every side, we reach a point where...we tend to shut down our attention to everything." Richard Winters. Still Bored in a Culture of Entertainment, p. 36
- **To break the entertainment trap, fix your focus on a better way.**
- Pleasure comes in many packages, including social relationships, creative pursuits, learning new skills, any job well done, and intellectual growth.

10 min Discussion Time 1: What are your thoughts?

- ✓ What are some healthy activities that have been neglected due to overexposure to media? Why is it important to restore them?
- ✓ Discuss ways to make real "life" and less "virtual life" a reality.

5 min Discussion Time 2: What is your story?

- ✓ You or someone in the group may have a "delivered story" that pertains to the session topic. Take a few minutes for you or a guest to share.

- 5 min Freedom Journey:** Present the following thoughts for reflection prior to next discussion periods to encourage positive discussion for change.
- **Reflect:** The challenges of life can either make a person isolated and bitter or balanced and better able to participate in life.
 - **Recalculate:** It is easy to forget that whatever time we spend with media is time NOT spent doing something else more beneficial.
 - **Reframe:** You are not alone—God says, “I will never leave you or forsake you.” Hebrews 13:5. He has a plan, power, and purpose for you.
 - **Remember:** God’s love working in you will make you wiser, happier, and more trusting. Your outlook will be more positive and you will be more available to others as you trust Him fully with your life.

10 min Discussion Time 3: What have you learned?

- ✓ What did you hear that deeply moved you?
- ✓ What did you learn that makes you stronger in your resolve?

Lifestyle Links: Lifestyle links for building physical, mental, emotional, and spiritual strength.

Reboot and Rebound: Daily choices build a better brain, body, and habits.

- **Create a Lifestyle:** Healthy habits lower stress, improve mental outlook, and increase optimism. Regularity promotes stability. Take your meals at regular times. Exercise daily and get to bed by 10 PM.
- **Create an Environment:** How are you creating a wholesome environment with your words, lifestyle, and surroundings? You can be an influence for hope and healing to those around you.
- **Create Connections:** Study **Psalm 1** and **Psalm 101** for Divine insights on home life, wholesome living, relationships, and mindset.

10 min Discussion Time 4: What will you do?

- ✓ What is your reason for hope today?
- ✓ Which of the **Living Free** tips are your focus right now?
- ✓ What is your first step?

5 min Group Promise, Affirmation, and Prayer to Close Session

Pray and Say: Divine power and daily practice change the brain.

- **Prayer:** “Dear God, thank you that by your power and strength, I am Living Free!”
- **Promise:** “I can do all things through Christ who strengthens me.” Philippians 4:13.
- **Affirmation:** “Thank you God for my freedom journey to better physical, mental, and spiritual health!”
- **Encourage** participants to review their handout.
- **Close** with prayer.

Handout: Balanced Living Tract: The Entertainment Trap

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