

## Suggestions for Honoring God's Creation

# ENTERTAINMENT



*Finally, brothers, 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*

### 10 Ways to Start

1. **Fast.** Go on a three-day media fast—no radio, Internet, newspaper, or magazine infotainment—and use that time to pray for guidance on how to develop more godly habits.
2. **Walk.** Replace half an hour of television with a stroll around the neighborhood.
3. **Track TV Time.** Keep track of how much time per week you spend in front of a TV or computer screen; do the same for each of your children.
4. **Turn Off.** Turn off all electronics when you leave the room, even when you think you'll just be gone for a few minutes.
5. **Plan Ahead.** Avoid purchasing any food or drink in a disposable container.
6. **Donate.** Go through your sporting goods and sell or donate any items you no longer use.
7. **Recharge.** Buy rechargeable batteries instead of disposables
8. **Cook.** Eat at least one more meal per week at home instead of at a restaurant.
9. **Borrow.** Instead of buying new check out books, CDs, and DVDs from a friend or the local library.
10. **Scripture.** Memorize one Bible verse about godly entertainment, such as Philippians 4:8: “Finally, brothers, 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.”



### More Tips

- Patronize only those restaurants that serve on washable dishes and flatware.
- Buy smart power strips for the TV, audio equipment, and other electronics—especially anything that uses a remote.
- Pledge to spend at least 10 percent less time in front of a computer screen.
- Turn off the radio when you are in the car, and instead spend time talking with your spouse and children or fellowshiping with God.
- Clean out bookshelves and donate books you haven't read in the past year to the library or a charitable organization.
- Tally up the total number of hours your family spent preparing for, driving to, watching, and participating in sports in the last month; discuss how this affects our relationships with each other and with God.

- Modify at least one fitness or spectator sport habit to reflect your growing green awareness.
- Wait one month when you think you need a new iPod, computer, or TV; if you still believe you need one, consider buying used.
- Donate your old cell phone and electronic appliances to a good cause.
- Use fewer paper napkins when you go out to eat.
- Donate some of the money you've saved to a good cause.
- Try one of these fun and educational alternatives to channel surfing:
  - a. Collect cans and bottles. Go on a walk through town with your kids and collect bottles and cans. Your kids will get exercise and help the environment all at the same time. If you live in a state that offers return deposits, let your children pick out a good cause and donate the "found" money.
  - b. Go on a scavenger hunt. Create a list of natural things that can be seen outside where you live—pinecones, acorns, flowers, leaves, feathers, insects, rocks. Have your children search for each item on the list.
  - c. Camp out. You don't have to drive to Yellowstone or even a state park to go camping. Pitch a tent in the backyard and discover the sights and sounds of the night.
  - d. Visit a local farm. Find a nearby strawberry patch in early summer or an apple orchard in the fall.
  - e. Stargaze. Relax on a blanket in your yard with an astronomy guide. Look for constellations and planets and teach your children about the night sky.
  - f. Make gifts for friends and family. Homemade gifts save resources and are often more meaningful than the standard ones. Make photo frames, mini scrapbooks, and craft items to give throughout the year.
  - g. Dine in. Set up a restaurant in your home. Let your kids create menu items using only things you have in your kitchen. Take turns filling the roles of waiters, chef, and cleanup crew.
  - h. Organize a block party. Get friends and neighbors on your street together for a potluck. Every family can bring their own dishes, silverware, cups, and cloth napkins.
  - i. Volunteer. Many retirement homes and hospitals need volunteers to serve lunch or read to patients. Pitch in and make some new friends.
  - j. Write a note. Write letters (on recycled paper or cards) to friends, grandparents, and mentors, letting them know how much you appreciate them.
  - k. Watch a green movie, such as *Baraka*, *Hoot*, or *WALL•E*.

*Blessed Earth is an educational nonprofit that inspires and equips Christians to become better stewards of the earth. Through church, campus, and media outreach, we build bridges that promote measurable environmental change and meaningful spiritual growth.*

