

## Dee Mail

Dear Friend,

March 19, 2010

Ever wish you had some objective guidelines for TV shows and movies? Many programs begin with a great story and fascinating plot only to degenerate into vulgarity, immorality and mindlessness.



A famous king of Israel confronted a similar dilemma even before the age of electronics. King David wrote in Psalm 101:3: “I will set before my eyes no vile thing.” This godly king felt revulsion and kept his distance from anyone whose ways were toxic and unhealthy to his relationship with God. In verse 4 he declares, “Men of perverse heart shall be far from me; I will have nothing to do with evil.” King David even points out when to push the remote control to “off” position: “Whoever slanders his neighbor in secret, him will I put to silence; whoever has haughty eyes and a proud heart, him will I not endure” (verse 5).

Undesirable company can easily come into your home through the media. Determine to oust them quickly with the mere push of a button. Please read the entire Psalm 101 and purposefully choose to keep your entertainment spiritually healthy and your meditation peaceful. You will be a discriminating and smart woman protecting yourself and your precious family from harmful influences!

Praying for you,

Dee

**Scripture:** “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).

**Prayer:** “Lord, thank you for teaching us how to embrace timeless truths. You always instruct us in ways best for us and our families. I pray these special women will wisely judge all media vying for their attention. Give them discernment to select only that which builds them up spiritually and morally. Help them please you in all things, even in their leisure activities. In your dear name, amen.”

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