1. As a group, create a list of the various types of visual media. Then participate in an in-depth discussion on how varying types of media can be used to spread the gospel of Christ. Present a summary of your discussion to a different group or share your conclusions online.

   Date completed ________________________________

2. Read Patriarchs and Prophets, chapter 41 entitled, The Apostasy at Jordan, specifically the two paragraphs beginning with “Keep thy heart with all diligence …”. Discuss how this relates to visual media consumption and how your senses and your awareness of the surroundings are impacted.

   Date completed ________________________________

3. Compare and contrast the various rating systems for video games, movies, and television programs with the guidance provided in Philippians 4:8.

   Date completed ________________________________

4. Discuss the importance of parental involvement in the selection of media.

   Date completed ________________________________

5. Discuss the impact that violence in visual media plays in shaping society and its expectations.

   Date completed ________________________________

6. Follow the current news for three days and evaluate the sources and accuracy for what has been reported. Evaluate on a scale of one to five where each report falls, with one representing pure entertainment and five representing strictly informational news. Prepare and present your findings to your group.

   Date completed ________________________________

7. Search the writings of Ellen White for counsel on the wise use of time. Select and read a passage discovered during your search.

   Date completed ________________________________
8. Keep a detailed record of the amount of time you spend and types of all visual media you consume during a four-day period. Include the following data in your records:
   a. Time spent viewing
   b. Media rating and rating organization (if available)
   c. The plot or theme
   d. Purity of content versus sexual and/or violent themes
   e. The message that was presented by the media

Prepare a graph or chart illustrating your findings. What changes, if any, do you need to make to your viewing habits? Evaluate how being a Christian should affect your use of media. Be detailed and honest, taking into account what you have experienced in this honor. Share your evaluation in a letter, report, or journal with a trusted friend or leader.

Date completed ________________________________