

# Entertainment or Entrapment?

We live in a culture that sells entertainment as harmless fun — but what if it's not harmless? Psalm 101:3 says, *"I will not look with approval on anything that is vile."* That's not a suggestion; it's a guardrail for the soul.

Entertainment has the power to inspire or entrap, to lift you up or slowly pull you away from God. The shows you binge, the songs you replay, the social media feeds you scroll — they all shape your inner life.



# The Eye Gate: How What We See Shapes Our Spirit

Scripture calls the eye the lamp of the body (Matthew 6:22–23). What enters your eyes doesn't just stay in your mind — it sinks into your heart. Like a steady drip of water, small doses of compromise can erode spiritual conviction over time.



# What You Consume, Consumes You

Paul warns in Galatians 6:7–8 that we reap what we sow. If we sow into our flesh through entertainment that glorifies sin, we shouldn't be shocked when we feel spiritually dry. The movies, music, and media we entertain ourselves with are seeds — they will produce fruit, for good or for evil.

# Conviction vs. Cancel Culture

Conviction isn't about canceling every piece of media. It's about purifying what we enjoy so it aligns with God's heart. Healthy fun exists — but if it pushes you toward temptation or makes light of what God calls holy, it's not entertainment anymore. It's a snare.



# When Entertainment Becomes Entrapment

It's not always obvious when enjoyment turns into bondage. If your entertainment choices dull your hunger for God, desensitize you to sin, or normalize rebellion, you've stepped into spiritual quicksand.

# Red Flags of Spiritually Toxic Content

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**01 Glorifying Sin – Sin isn't portrayed as destructive but as desirable.**

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**02 Mocking Truth – Biblical values are laughed at or misrepresented.**

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**03 Celebrating Rebellion – Disobedience is framed as freedom.**

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# Spiritual Sabotage in Disguise

**Not all traps look evil at first glance. A series might have great acting and storytelling but subtly undermine God's truth. The enemy rarely uses a frontal assault; he often works through suggestion and normalization.**

# The Algorithm is Evangelizing You

Your feed is a mirror of your habits. The more you engage with ungodly content, the more it appears — algorithms don't just follow you; they disciple you. If you don't intentionally direct your attention toward godly content, your feed will disciple you in the ways of the world.



# Psalm 101:3 as a Life Filter

This verse can become your spiritual media filter: *If I wouldn't watch it with Jesus, I won't watch it at all.* It's a simple but powerful standard that can reshape your entertainment habits in days.

# Redeeming Your Watchlist and Playlist

Detoxing your entertainment doesn't mean living in boredom. It means making room for content that refreshes, encourages, and builds you up in the faith. Swap darkness for light, lies for truth, noise for peace.



# Questions to Ask Before Watching or Listening

- Would I engage with this if Jesus were physically beside me?
- Does it align with Philippians 4:8 — is it true, noble, right, pure, lovely, admirable?

# Spiritual Self-Audit Challenge

Take seven days to audit your media intake. Keep a simple journal noting:

- What you watched/listened to
- How it made you feel afterward
- Whether it drew you closer to God or distracted you from Him

By the end of the week, you'll see patterns that either feed your faith or starve it.

# Filling the Gap with Holy Enjoyment

Replacing toxic entertainment with godly alternatives isn't a downgrade — it's an upgrade. Christian films, worship music, edifying podcasts, wholesome comedy, and uplifting documentaries can fill your mind with joy without grieving the Spirit.



# From Consumption to Creation

Instead of just consuming, consider creating. Share encouraging content, write faith-filled posts, or start a YouTube channel that glorifies God. Be the content you wish existed.

# Conclusion: The Hustle Is Holy — So Are Your Algorithms

Your entertainment diet is shaping your spiritual appetite. If it glorifies sin, mocks truth, or celebrates rebellion, it's not neutral — it's a setup. Guard your eyes, filter your feeds, and remember: The Hustle Is Holy, so are your algorithms.



# FAQs

## **Q1: Is all secular entertainment bad?**

Not necessarily. The key is discerning if it aligns with biblical values or subtly undermines them.

## **Q2: How do I know if entertainment is affecting me spiritually?**

Notice your thoughts, speech, and desires. If they shift away from God's truth, it's time for a media check.

## **Q3: What's a quick way to clean up my algorithm?**

Start engaging only with godly, uplifting content. The algorithm will follow your new habits.

**Q4: Isn't this just legalism?**

No. Legalism is rule-keeping to earn God's love. This is about protecting the relationship you already have with Him.

**Q5: How do I involve my family in healthier entertainment habits?**

Choose family-friendly media together, explain why certain content isn't welcome, and model the change.

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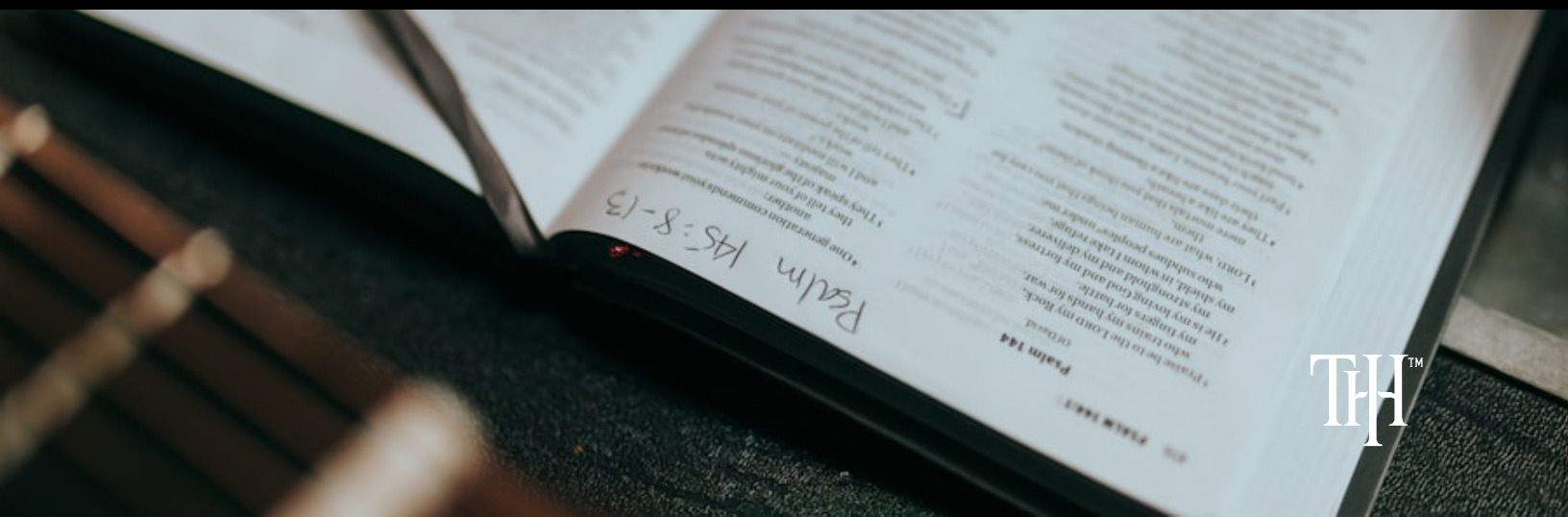


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