

LIVING WELL #11: 'WATCHING TELLY' WELL

ESV TCL 2026/05/17

'Individuals ... spent on average 4 hours 30 minutes per day watching video content at home in 2024.'¹

Nowadays, you do not have to have an actual television to 'watch telly'. Nor is cinema the only alternative now that the Internet is so ubiquitous on our phones, tablets, computers and other devices.



1. SCRIPTURE & TELLY

Q1. How should the following texts inform our telly-watching habits?

Philippians 4:8 Finally, brothers and sisters, 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. NIV

1 Corinthians 10:23 "All things are lawful", but not all things are helpful. "All things are lawful", but not all things build up. ESV

1 Corinthians 13:6 Love does not delight in evil but rejoices with the truth. NIV

Matthew 5:28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. NIV

Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. ESV

¹ OFCOM Media Nations Report (2025): <https://www.ofcom.org.uk/siteassets/resources/documents/research-and-data/multi-sector/media-nations/2025/media-nations-2025-uk-report.pdf?v=401287>

1 Timothy 6:17 As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. ESV

Q2. What can we do differently or improve?

Matthew 26:41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” ESV

Ephesians 5:12 It is shameful even to mention what the disobedient do in secret. NIV

1 Peter 5:8-9 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, ... ESV

*Psalms 119:37 Turn my eyes from looking at worthless things;
and give me life in your ways. ESV*

Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it." NIV

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ESV

1 John 2:15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. ESV

Q3. What are the dangers of watching telly alone?

Q4. Controversial questions, e.g. Can Christians Watch Harry Potter?

Examples:

- An IPC elder who bought four copies (each 5 inches thick), one for each family member!
- A father and home-schooler: "We won't be touching it."

2. BEFORE 'WATCHING TELLY'

Q5. Helpful questions to ask, e.g. Can you fast-forward, or otherwise control, it?

Q6. What alternatives are there to watching telly?

Q7. Do we actually have to watch unhelpful telly programmes or films in order to find out how harmful they may be?

Q8. Discuss.

Premier Radio's review of the TV series *Lost* said:

2. *Lost*

Six seasons, Disney+

In a similar vein, this genre-confounding mystery started with a clever premise, and then got too clever for its own good. I wasted far too many Friday evenings trying to make sense of it – don't make the same mistake.



Q9. Discuss what the IMDB Parents Guide said about *Lost* (as of 2026):



*'The 2004–2010 ABC television series *Lost* is officially rated **TV-14** for its moderate violence, frightening scenes, and mature themes. To determine if it is appropriate for specific viewers, consult the detailed [IMDb Parents Guide for *Lost* \(2004–2010\)](#).*

Violence & Gore (Moderate to Severe): Features intense plane crashes, graphic medical procedures, characters held at gunpoint, and scenes of monsters attacking characters.

Frightening & Intense Scenes (Moderate): Focuses heavily on psychological tension, suspense, and eerie supernatural elements.

Sex & Nudity (Mild): Includes mostly suggestive dialogue, shirtless characters, and brief romantic encounters, but no explicit nudity.

Profanity (Mild): Mostly features mild expletives.

Alcohol, Drugs & Smoking (Moderate): Depicts characters consuming alcohol, smoking, and struggling with addiction.

For a broader community consensus from parents and viewers, check out the detailed [Common Sense Media TV Review for *Lost*](#), which generally recommends the show for ages 14 and up.'