

Biblical Media Assessment Scoring Sheet

This document provides a Bible-based scoring sheet for assessing songs, films, TV shows, and books. It is built around common Christian discernment themes drawn from biblical principles such as Philippians 4:8, avoiding fellowship with works of darkness, testing all things, and using liberty in a way that is beneficial rather than enslaving.

How to use this sheet

Each criterion is scored from 0 to 2.

- 2 = clearly positive or broadly aligned with Scripture
- 1 = mixed, unclear, context-dependent, or requiring discussion
- 0 = clearly negative, spiritually unhealthy, or opposed to biblical wisdom

Add the eight scores together for a total out of 16. As a starting point, 13–16 suggests **Allowed with joy**, 8–12 suggests **Engaged but critiqued**, and 0–7 suggests **Avoided as defiling**.

A high total does not automatically override serious red-flag issues. Content that strongly glamorises sexual immorality, occult practice, blasphemy, or other clearly condemned behaviour may still belong in **Avoided as defiling** because Scripture calls believers to have no fellowship with the unfruitful works of darkness and to set no wicked thing before their eyes.

The scoring grid

Criterion	Bible anchor	Score (0–2)	Notes
1. Thought focus	Philippians 4:8		
2. Moral content	1 Corinthians 6:9–10; Galatians 5:19–21		
3. Occult or false spirituality	Deuteronomy 18:10–12; Acts 19:19		
4. Heart effect	1 Corinthians 6:12; 10:23		
5. Underlying story or "gospel"	Isaiah 5:20; Galatians 1:6–9		
6. View of people and the body	Genesis 1:27; James 3:9; 1 Thessalonians 4:3–4		
7. Treatment of God's name and worship	Exodus 20:7; 1 Corinthians 10:20–21		
8. Conscience and example	Romans 14:13–23		

Assessment criteria

1. Thought focus

Ask whether the media mainly directs the mind toward what is true, honest, just, pure, lovely, of good report, virtuous, and praiseworthy. Philippians 4:8 gives a strong first filter for what should fill the mind.

Scoring guide:

- 2: Broadly wholesome, edifying, truthful, and praiseworthy.
- 1: Mixed; some worthwhile elements but also vanity, impurity, or confusion.
- 0: Dominated by impurity, ugliness, cynicism, or moral corruption.

2. Moral content

Ask whether the media promotes, normalises, or celebrates what God calls sin, or whether it portrays righteousness more faithfully. This includes areas such as sexual immorality, drunkenness, greed, cruelty, and rebellion against God's order.

Scoring guide:

- 2: Does not celebrate obvious sin and may positively commend virtue.
- 1: Contains sinful elements but does not clearly celebrate them, or the portrayal is morally mixed.
- 0: Explicitly celebrates or repeatedly normalises sinful behaviour.

3. Occult or false spirituality

Ask whether the media presents witchcraft, sorcery, divination, communication with the dead, or false spiritual power as attractive, normal, humorous, or aspirational. Scripture explicitly condemns these practices in Deuteronomy 18:10–12.

Scoring guide:

- 2: No meaningful occult emphasis, or false spirituality is clearly exposed as evil.
- 1: Symbolic, fantasy, or mixed spiritual elements that require careful discussion.
- 0: Occult practice is central, appealing, or treated as desirable.

4. Heart effect

Ask what the media does to the inner life. Scripture teaches that not everything lawful is beneficial and warns against being brought under the power of anything.

Scoring guide:

- 2: Leaves the heart stable, thankful, and spiritually clear.

- 1: Some troubling effects, but limited and manageable with discernment.
- 0: Stirs lust, fear, anger, fixation, obsession, or dullness toward God.

5. Underlying story or "gospel"

Every story teaches some vision of salvation, identity, the good life, and the nature of evil. Assess whether the deeper message fits biblical truth or subtly catechises the audience into another worldview.

Scoring guide:

- 2: The deeper message is broadly compatible with truth, virtue, sacrifice, justice, or humility.
- 1: Mixed moral framework; some truth, some distortion.
- 0: Calls evil good, good evil, or presents a fundamentally anti-biblical vision of life.

6. View of people and the body

Ask whether the media trains viewers or readers to see people as image-bearers made by God, or as objects of use, lust, contempt, or mockery. Scripture also calls believers to holiness in how the body is viewed and used.

Scoring guide:

- 2: Respects human dignity and does not glamorise bodily impurity.
- 1: Mixed portrayal of dignity, sexuality, or relationships.
- 0: Objectifies people, glamorises impurity, or trains contempt for others.

7. Treatment of God's name and worship

Ask whether God's name is treated reverently or used in vain, and whether false worship or idolatrous spirituality is presented attractively. Repeated exposure to irreverence can gradually desensitise the conscience.

Scoring guide:

- 2: Reverent or neutral without blasphemy or false worship emphasis.
- 1: Some irreverence or spiritually confused messaging, but not central.
- 0: Frequent blasphemy, mockery of God, or attractive false worship.

8. Conscience and example

Ask whether this can be received in faith with a clear conscience, and whether it would be safe to commend or model to children or weaker believers. Romans 14 teaches that what is not of faith is sin and that conscience matters in disputed things.

Scoring guide:

- 2: Clear conscience; safe example in context.
- 1: Conscience is uncertain or the example would need qualifications.
- 0: Conscience is troubled, or it would be unsafe to model or recommend.

Summary bands

Total score	Provisional category	Meaning
13-16	Allowed with joy	Broadly edifying and safe to receive with thanksgiving.
8-12	Engaged but critiqued	Mixed content that requires active biblical discernment and discussion.
0-7	Avoided as defiling	Spiritually unhealthy, corrupting, or opposed to biblical wisdom.

Hard-stop flags

Regardless of score, serious issues may justify placing the media in **Avoided as defiling**. These include strong glamorisation of sexual immorality, pornographic material, celebrated occult practice, persistent blasphemy, or content that repeatedly enslaves the mind or inflames sinful desires.

Reusable assessment form

Media title:

Type: Song / Film / TV / Book

Audience: Self / Family / Children

Criterion	Score	Notes
1. Thought focus		
2. Moral content		
3. Occult or false spirituality		
4. Heart effect		
5. Underlying story or "gospel"		
6. View of people and the body		
7. Treatment of God's name and worship		
8. Conscience and example		
Total		

Provisional category: Allowed with joy / Engaged but critiqued / Avoided as defiling

Hard-stop flags present: Yes / No

Final comments:

Prompt template for future use

Paste the following into Perplexity together with the media title:

Please assess this media using my biblical media scoring sheet.

Media title: [insert title]

Type: [song / film / TV / book]

Audience: [self / family / children]

Please score each of the 8 criteria from 0-2, explain each score briefly, give the total out of 16, identify any hard-stop flags, and place it into one of these categories: Allowed with joy, Engaged but critiqued, or Avoided as defiling.