

# Discussion Guide for The Hearty Laughs Show, Episode 1

## Questions

- Alabama Joe was afraid of snails. What are some things you're afraid of?
  - Why do you think you're afraid of them?
  - What are some ways you can be free of that fear?
- How would you describe "doomscrolling"?
  - Is this something you do often or rarely?
- How productive are you when you attempt to split your attention between two things (multitasking)?
  - Are you usually happy with the results? Why or why not?
- Scott (like Tom Sawyer) got a rare opportunity to hear what people said about him after his assumed death. What would you like people to remember you by after you're gone?

- What are some ways to make sure that you keep things balanced in your life off and on screens?
- Have you ever been bullied online (cyberbullied) like Joe was?
  - How did it make you feel?
  - How did you respond?
  - Don't keep it to yourself if you're being bullied. Tell your parents or a trusted adult about it so they can help you.
- Hannah checked her phone excessively. How many times do you check your phone every day?
  - Do you think you spend too little or too much time doing this?
- Dave and Abby was inspired by the Biblical story of David and Abigail from 1 Samuel 25. What are some similarities between this modern retelling and the real story?
  - How are they different?

# Comments

## *Alabama Joe and the Scroll of Doom*

If we constantly read the news, listen to people with negative attitudes, and watch depressing or horrific stories, it's going to be difficult to have a positive outlook and keep from getting depressed. Just constantly scrolling through your feed with bad and good things can be a drain on your well-being. Don't let doomscrolling bring you down. Give yourself a break from social media. Go for a walk. Read your Bible. Talk to God. Focusing on good things (Philippians 4:8) and God and His blessings are much better for our minds and hearts.

## *Constant Channel Changer*

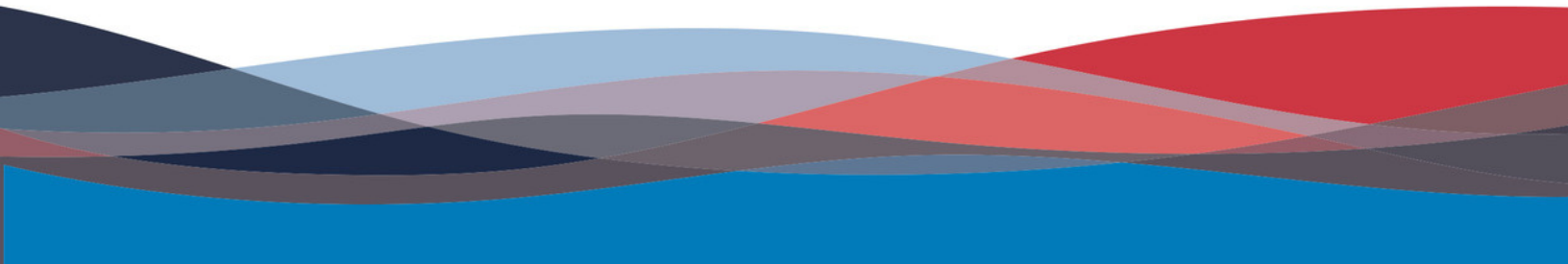
Jeff's attention span was very short; he changed channels quickly and never settled on one show for long. Doing things like this, swiping through reels/shorts, or glancing through our social media feeds can train our brains to absorb less information and be more impatient if something doesn't



grab our attention right away. This can make it difficult to read a book, talk to someone, or just listen to another person talking to us. Impatience, anxiety, and less productivity are other possible results. We need to be careful about how we let anything affect our behavior and thinking. The Bible gives us some good instruction in 1 Peter 5:6-7, Proverbs 4:20-21, Hebrews 2:1, Psalm 19:14, Colossians 3:23, and Galatians 5:7-9 on how to combat the negative effects listed above.

### ***In Memoriam***

Scott prioritized video games and spent very little time on anything else. There's certainly a time and place to do fun things, like play a game or watch a video. However, when pleasure becomes the primary goal and action of life, it leads to ruin. In other words, laziness will bring about poverty, sickness, broken relationships, and much more. The Bible has many verses about the folly of being lazy. You'll find a lot of them in the book of Proverbs.

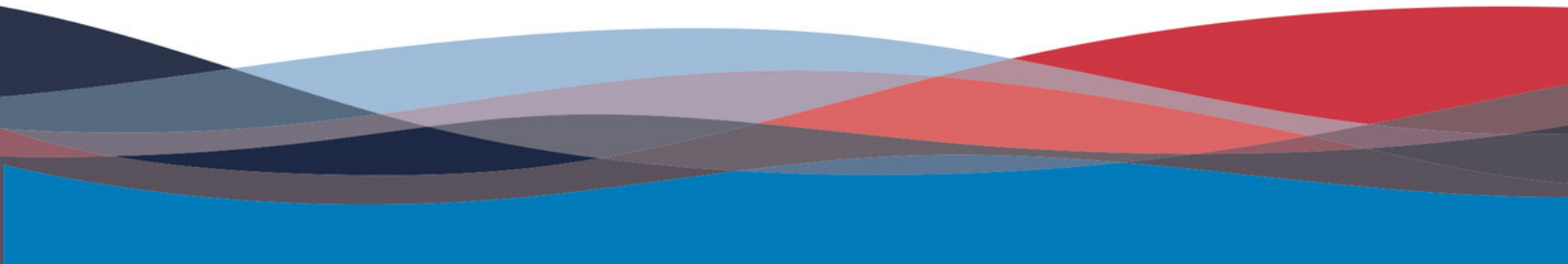


Check out Proverbs 6:6-11, Proverbs 15:19, and Proverbs 21:17 to get a sample of what God thinks about this topic.

Scott decided to reevaluate his life and what he did with his time. This is helpful for everyone to do. Here's an easy way to do that:

- Write a list of things you normally do every day. You might list activities like, work, school, community service, relaxation.
- Think about each one of those listed and estimate how much time you spend on them.
- Pray about your list and ask God if there's an area of your life you need to spend more or less time on. There may even be something that you're not doing at all that God wants you to add to your schedule.

Ephesians 5:15-17 and Psalm 90:12 are some good verses to keep in mind as you complete this activity.



## *Dave and Abby*

Getting even. Settling the score. Payback. All these terms are talking about “revenge”. It’s only natural to feel hurt when someone says something mean to you or tells lies about you. It can feel like doing the same thing to them (or even bigger things) will make things right. Oftentimes, we react with anger and selfishness. However, God tells us that isn’t the way. Read the following Scriptures (1 Peter 3:9, Matthew 5:38-39, Proverbs 24:29, 1 Thessalonians 5:15), and ask God to protect you and show you the correct way to respond to the situation.

