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As a young adult, I am accustomed to using the Internet as a means for quick information. Whether I am catching up on my friends' vacations through their social media, looking up the scores to last night's big sports game, or finding the nearest theater to watch the newest blockbuster movie, I am tapped into the information age.

This day and time we are living in is referred to as the information age, a time in which information has become a commodity that is quickly and widely disseminated and easily available, especially through the use of computer technology. In this age, we have easy access to multiple sources of knowledge, thoughts, ideas, and opinions. As nice and as convenient as it is to be plugged into this massive amount of information, receiving too much information can pose a problem known as "information overload," where we have more information than we could possibly process.

To avoid information overload, we need to be selective with the information we allow into our minds. The most important information that we are responsible for each day is that which comes from the all-knowing, all-powerful, true God. As we spend time with God by reading and studying His Word, we will build and maintain a connection to His heart. As we build and maintain this connection with our heavenly Father, we are able to filter out information that we do not want dwelling in our minds as we go about our daily routines. Staying connected to God's heart allows us access to God's wisdom, which stands in direct contrast to the wisdom of this world.

Reading God's Word is a primary way to stay connected to His heart. His Word shows us the difference between His wisdom and the wisdom the world has to offer.

James 3:15-17:

This wisdom descendeth not from above, but is earthly, sensual, devilish.

For where envying and strife is, there is confusion and every evil work.

But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.

These verses clearly show the profit and purpose of distinguishing between God's wisdom and the world's wisdom. If the "wisdom" we receive from newspapers, television, radio, social media, online news outlets, blogs, and other sources engenders strife or causes confusion, we need to filter that out of our thinking patterns. Instead, we seek sources that are peaceable, gentle, and full of mercy! These are sources like the Bible, *The Way Magazine* articles, Biblical classes, or other proven material such as the Studies in Abundant Living books, Give and Share Series booklets, and a variety of Biblical content we can access from www.theway.org.

By seeking these positive sources, we accomplish two things. The first accomplishment is that we build and maintain a strong connection to our heavenly Father's heart as we spend quality time in His Word. Just as the more time we spend together with a coworker, a classmate, or neighbor, the better we get to know them, the same is true with God Almighty. The more time we spend in God's Word, the better we get to know Him and know what He is capable of doing.

The other accomplishment of seeking positive Biblical sources is that we gain a greater scope of God's Word. The more Word we know, the more promises we can claim! The more Word we know, the greater trust we can have in God as our Father and in His Word.

Psalms 12:6:

The words of the Lord are pure words: as silver tried in a furnace of earth, purified seven times.

God's Word is pure. It is free from bias. It is free from opinion. God's Word has stood the test of time and will continue to be the standard by which believers live their lives.

Having and maintaining a connection to God's heart grants us access to His wisdom, which differs greatly from the wisdom the world promotes. By staying

connected to God's heart, we are better equipped to filter out information we do not want in our lives. The more of the Word we know and put into our daily thinking, the greater appreciation we have for the beauty of His Word. Thus, to avoid information overload, we must take proactive measures to protect our time with God. Before we check out the latest newsfeed updates, headlines, or trending topics, let's resolve every day to first go to God, allowing His Word to be the standard for truth!

For more information, visit www.theway.org

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