

TIME TO TAKE AN INFORMATION FAST?

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All quotes are from class speaker unless otherwise noted.

As women, we are a resource for a lot of people in need.

The amount of information that we're taking in, we were never meant to take in.

As a society, we are terrible at listening. It might be because we've got so much information coming in and we just word vomit.

We can easily find someone who agrees with us.

No longer do we go to scripture to find what is right and wrong, we look inside at what "feels right."

Anxiety in greek is translated to "Double-mindedness" - one foot in the world, and one foot in eternity.

The Holy Spirit has to be louder than the rest of the world.

Humans love to talk.

We end up saying things and we get a false sense of accomplishment.

When we're listening to information, we become an expert in a field that we've never studied.

Information is not necessarily a bad thing unless it's the loudest thing and there's too much of it.

Evaluation Questions - is an information fast a good step for you?

#1: Do you feel mentally or emotionally exhausted a lot of the time?

Information coming in from: podcast, reading, news, social media

#2: Are you having a hard time hearing God's voice?

God does not hide. Still small voice, in a God that created the entire universe. He is not trying to be confusing or vague. It's not because He's not showing up.

#3: Are there certain information sources you go to before you go to the Lord when you need something?

Do not ask for ___'s advice before you ask the Lord's.

#4: Is information or knowledge an idol in your life?

If you take it away, what is your response? (Might be an idol/addiction)

Does it makes us feel more important?

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#5: Is decision fatigue a problem for you?

Find the recording of our 10 Tips to Fight Decision Fatigue workshop in the FB group or member portal!

It's no wonder the Lord's voice gets muted when we're listening to everything else.

Go to the Lord first.

The information fast details::

- Make a list of the types of information and sources that you take in on daily or weekly basis. Record about how much time you spend in each of those things.
- Put the emotional response or feelings generated inside of you when you're listening or taking in info
- Decide how long you're going to do it. (Try no less than 5 days)
- Go cold turkey.
- Meditate and journal what you're noticing is happening in your heart and head.

God's Word is enough!

Your information source: God

Philippians 4:8

Continue the conversation in our Network Facebook group or email Somer at somer@sheworkshisway.com