

Sources of Truth for a Life of Wisdom

Brett McCracken

**We live in a world with more and more
information but less and less wisdom.**

Information is...

1. TOO MUCH

2. TOO FAST

3. TOO FOCUSED ON ME

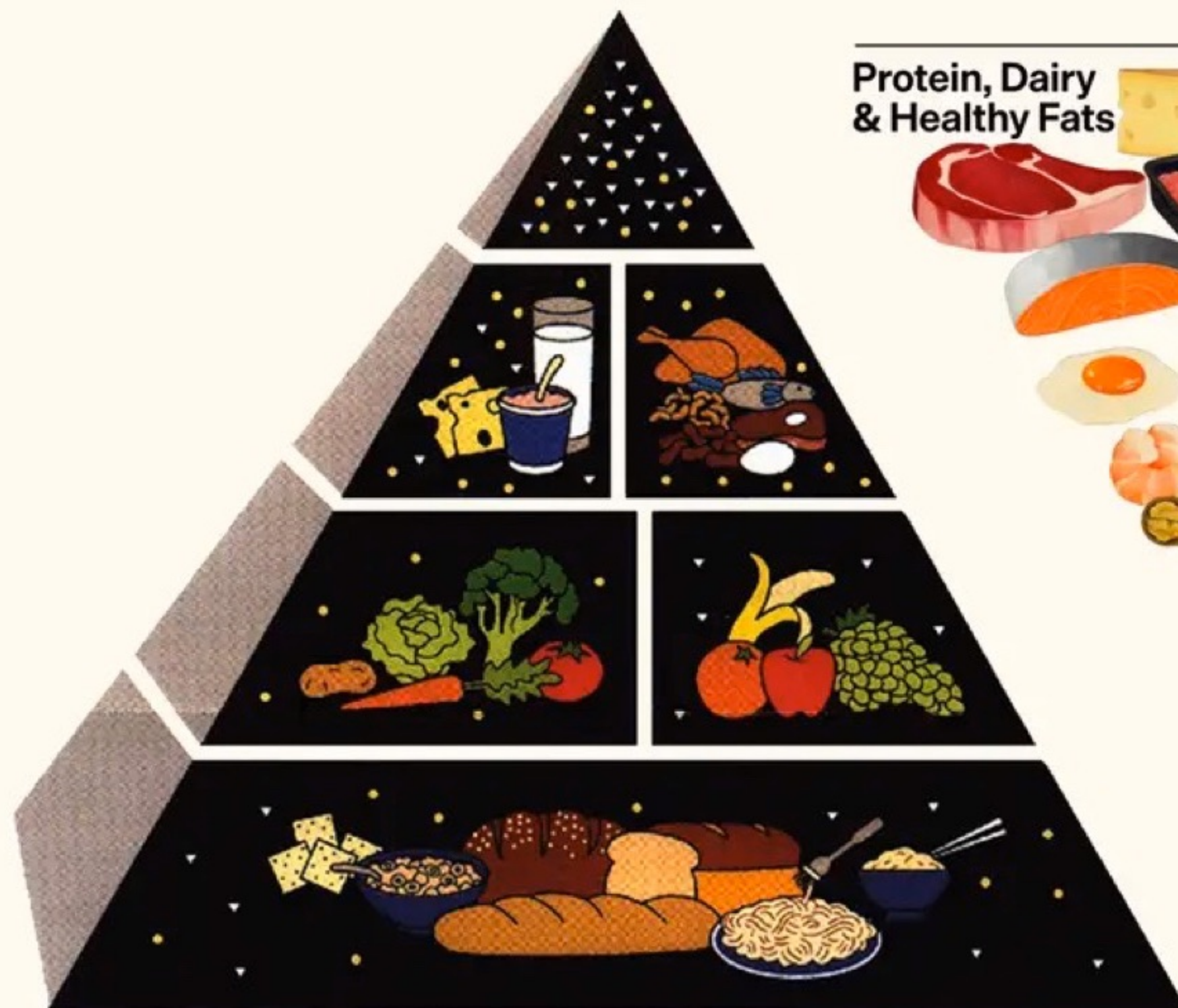
What to trust? What is true?

*Feeding Your
Soul in a Post-
Truth World*



THE WISDOM PYRAMID

BRETT MCCracken



**Protein, Dairy
& Healthy Fats**



**Vegetables
& Fruits**

**Whole
Grains**



Internet /
Social Media

Beauty

Books

Nature

The Church

The Bible

**“Trust in the Lord with all your heart,
and do not lean on your own understanding.
In all your ways acknowledge him,
and he will make straight your paths.”**

Proverbs 3:5-6

Internet/Social Media

Can sometimes make us wise but—when dominant in our diet—often makes us fools. Should be approached intentionally, used sparingly.

Beauty

Art, culture, creativity, wonder, rest. Makes us wise by engaging our hearts, slowing us down, and inspiring our worship of God.

Books

Sources of education and carriers of time-tested truth. Makes us wise by helping us think more deeply, broadly, and carefully about God's world.

Nature

God's creation and general revelation. Makes us wise by reminding us of our creatureliness and grounding us in God's design.

The Church

God's Spirit-filled people in local, embodied communities and across time. Makes us wise by orienting our lives around God.

The Bible

God's direct speech to us and our only infallible source. Makes us wise by revealing God, who is wisdom's source and standard.



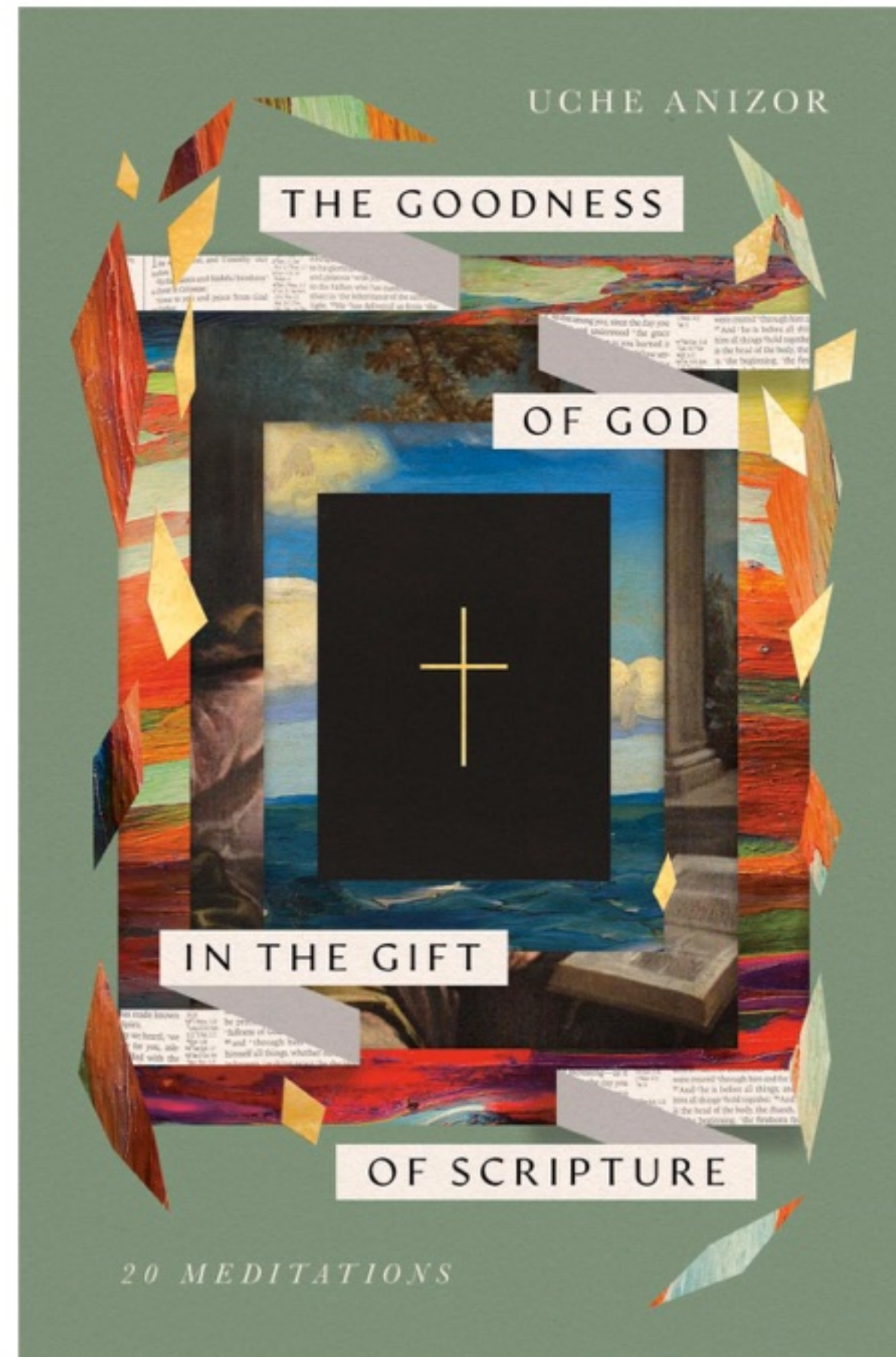
Bible

- God's direct speech to us. Special revelation.
- Our "daily bread," most nourishing staple for wisdom
- Infallible foundation to test the merit of every other source.
- Invaluable gift we should treasure!

Tips for a More Bible-Rich Diet

- Carve out screen-free time each day for Bible reading.
- Listen to Bible on audio (e.g. ESV app, ESV Scripture Symphony)
- Surround yourself with Scripture-inspired music
- Read and study Bible in community!
- Find online resources that amplify your Bible study (e.g. Bible Project, TGC, Desiring God, etc)

Recommended Books



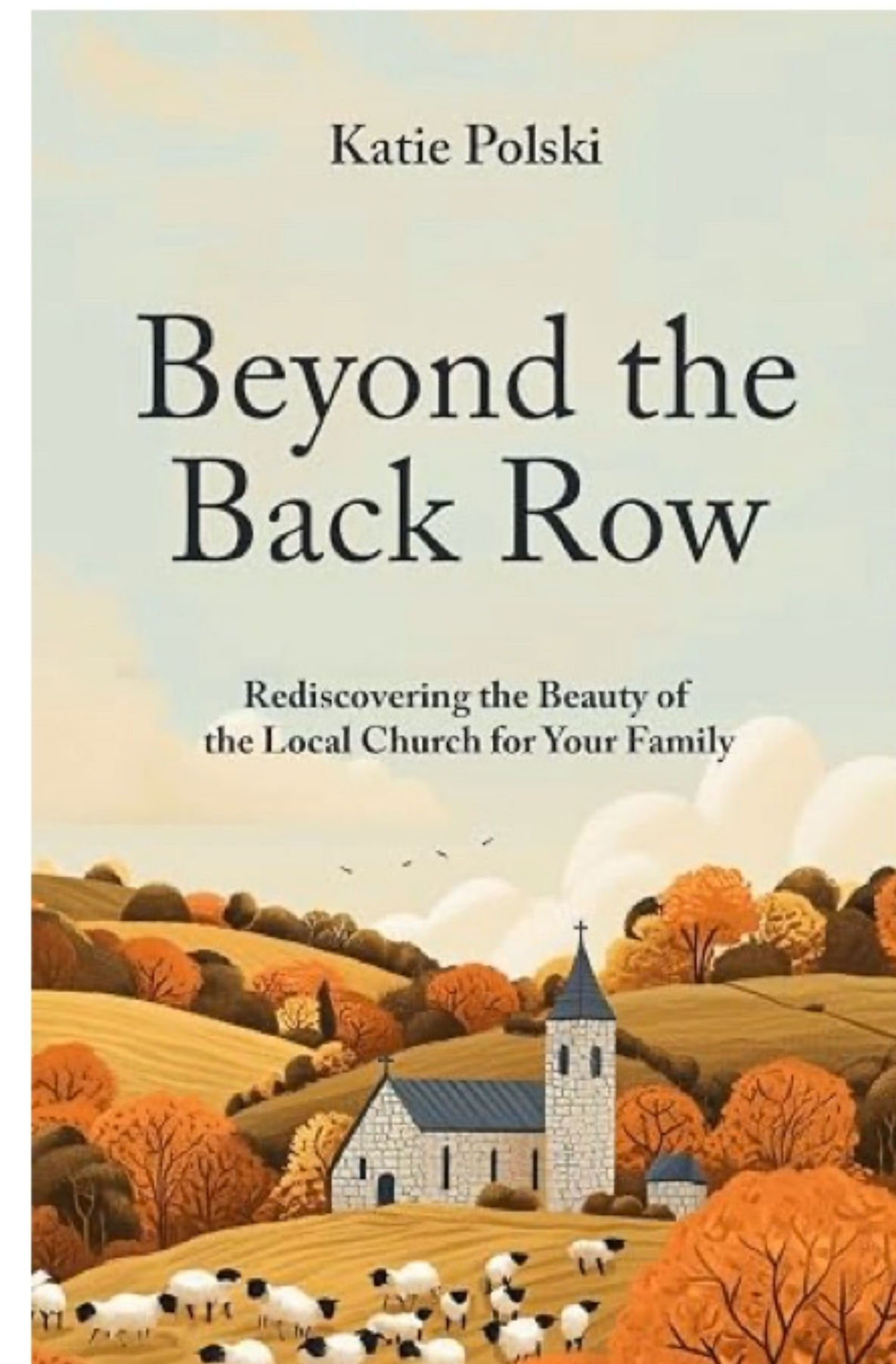
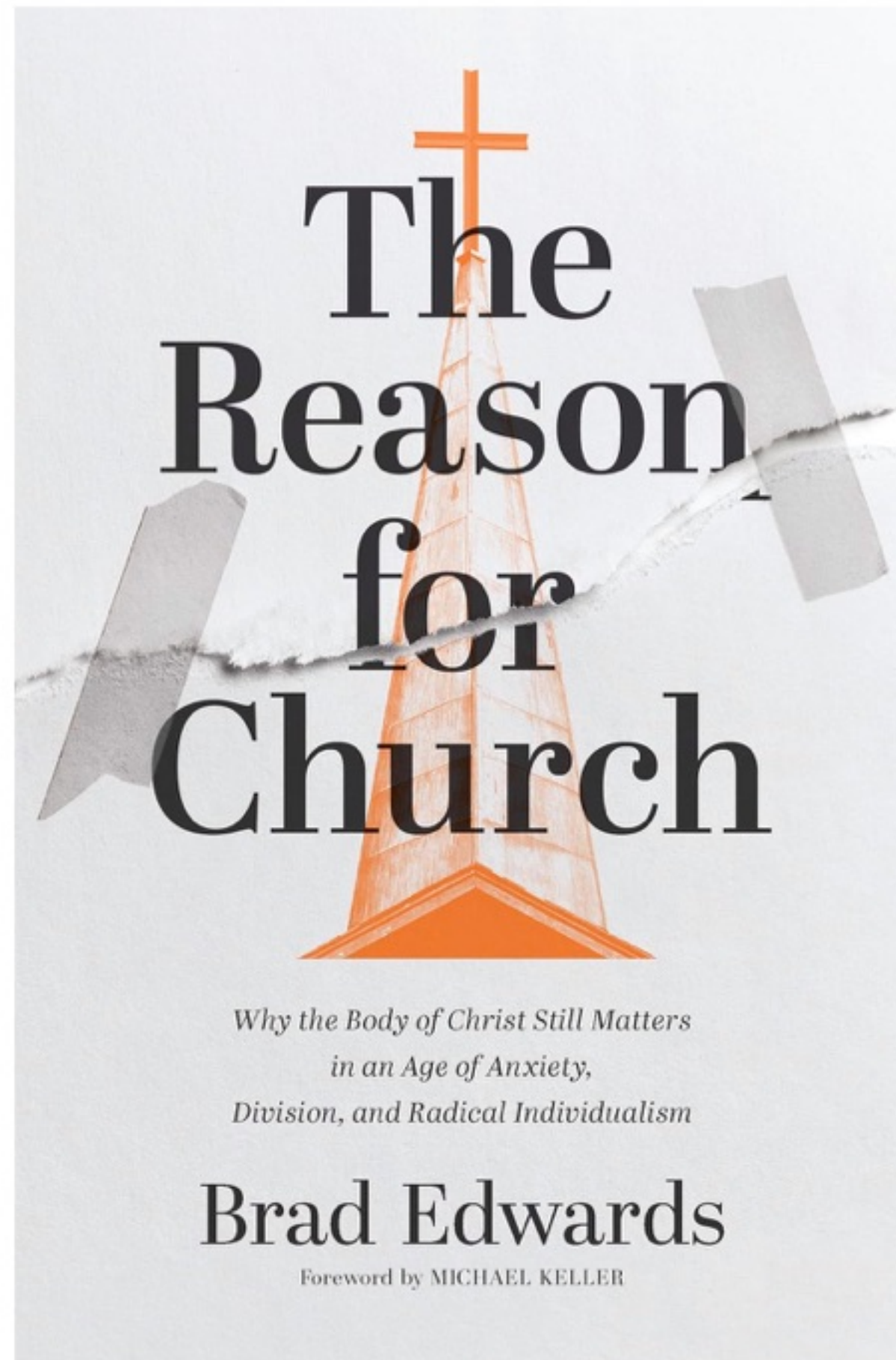
Church

- God's people, formed by the Holy Spirit. Divine institution. The body of Christ on earth.
- Community of Bible interpretation/application
- Challenges the folly of our individualism
- Offers embodied community in age of digital isolation
- Offers continuity and bigger story in an ephemeral, fragmented age

Tips for Gaining Wisdom from Church

- Lean into the discomfort
- Avoid “main character syndrome” and shed consumerist expectations
- Embrace church as a haven and alternative to digital life
- Don’t be afraid of emotion. Worship with whole heart.

Recommended Books



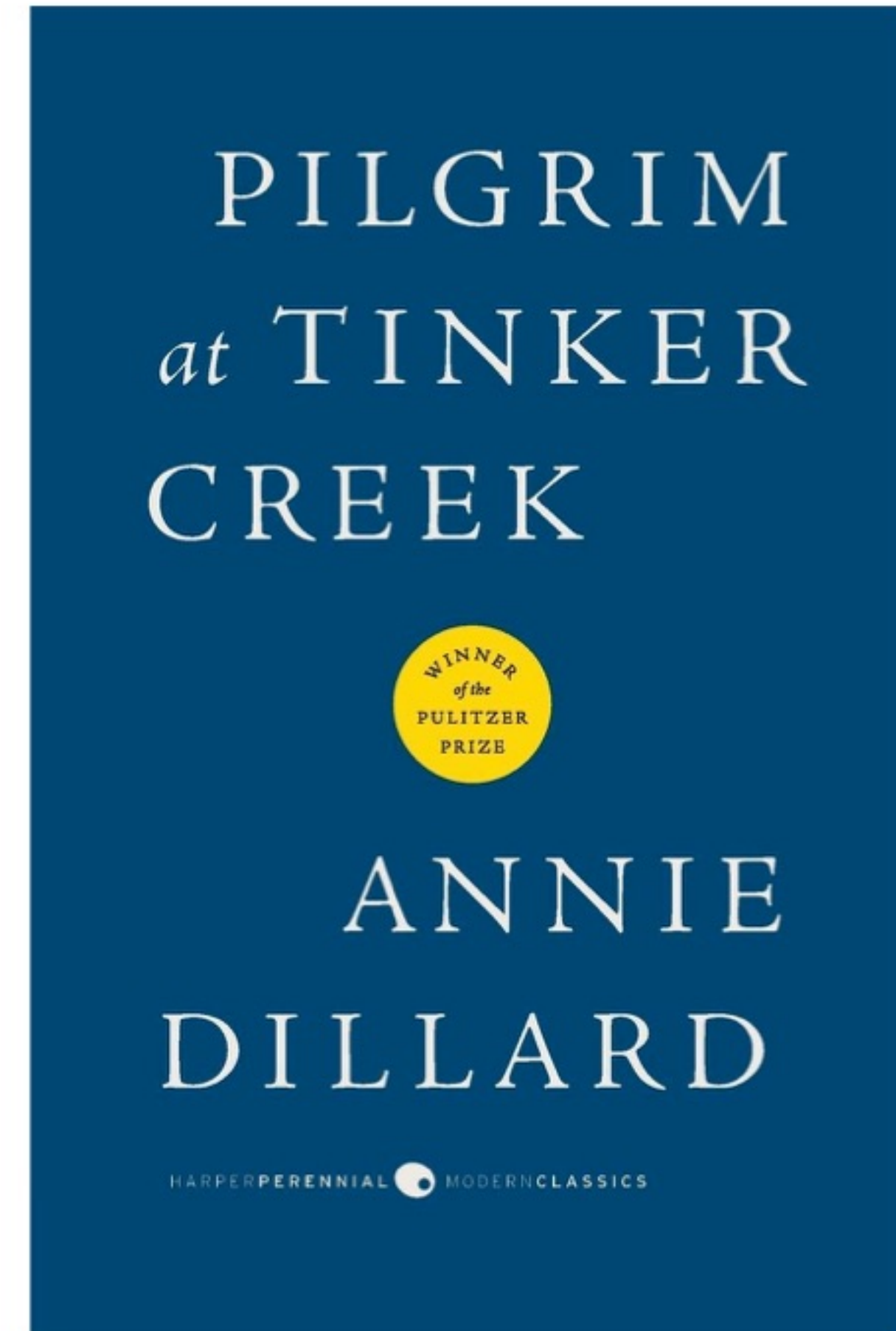
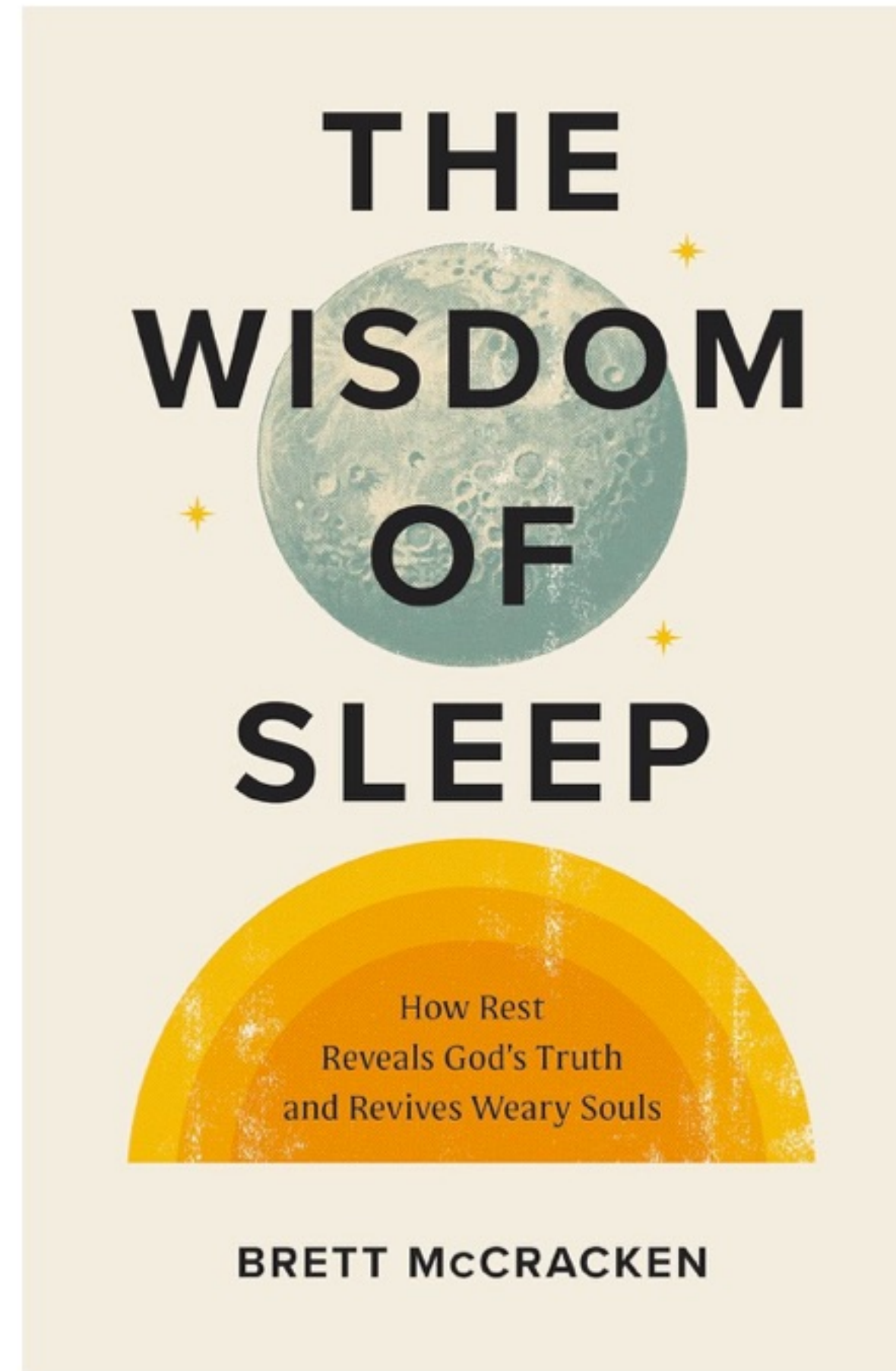
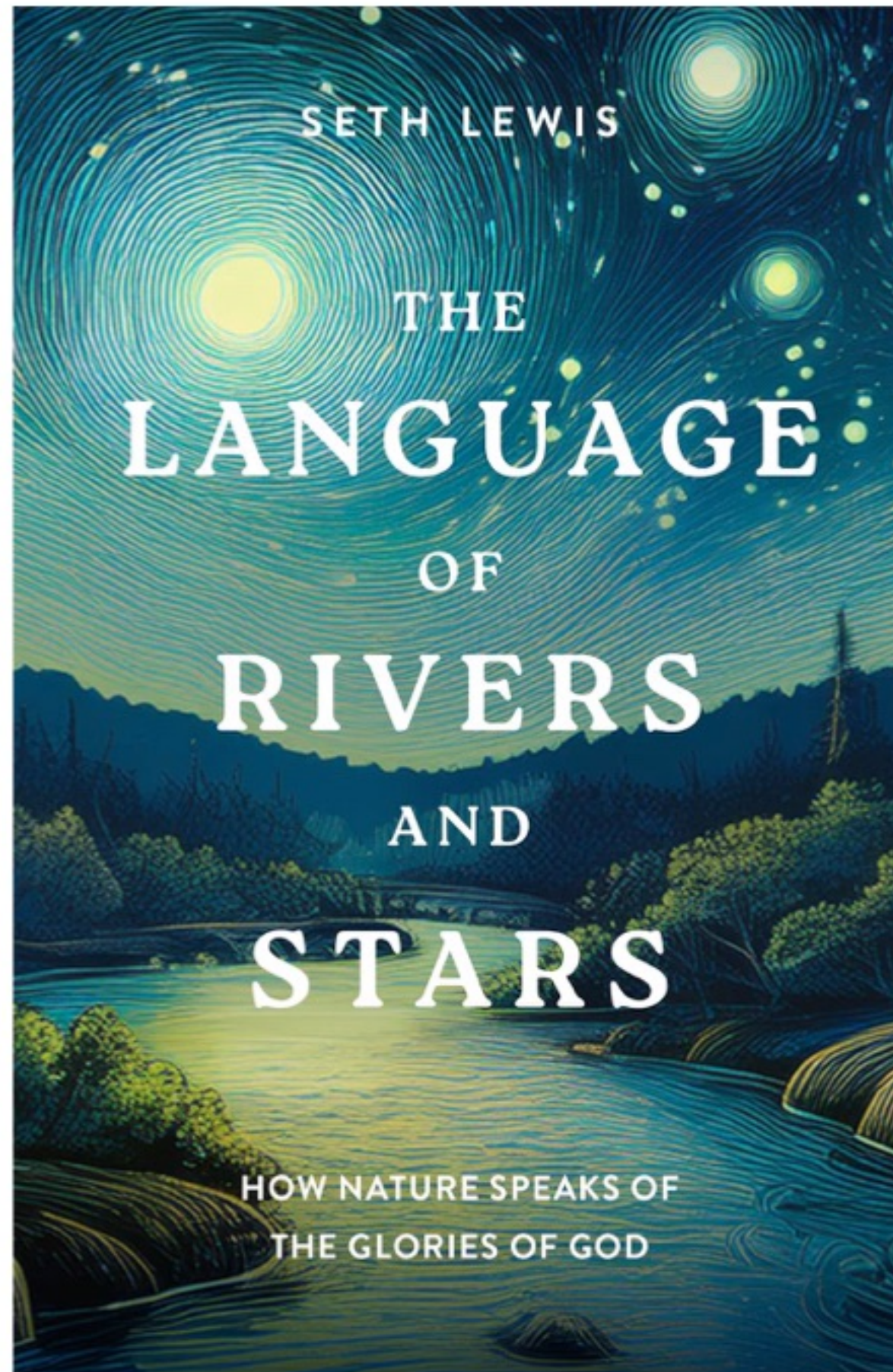
Nature

- God's creation. General revelation.
- Inspires us to worship God. And worship is wisdom.
- Calms and slows us down, clears heads
- Humbles us as creatures, not the creator. Wisdom of limits.

Tips for Gaining Wisdom from Nature

- Not replacement to Scripture but supplement
- Prioritize time outside, device free, taking in the world with your senses. Touch grass!
- Two books, one author. Reject the “faith vs. science” false dichotomy.

Recommended Books



Internet/Social Media

Can sometimes make us wise but—when dominant in our diet—often makes us fools. Should be approached intentionally, used sparingly.

Beauty

Art, culture, creativity, wonder, rest. Makes us wise by engaging our hearts, slowing us down, and inspiring our worship of God.

Books

Sources of education and carriers of time-tested truth. Makes us wise by helping us think more deeply, broadly, and carefully about God's world.

Nature

God's creation and general revelation. Makes us wise by reminding us of our creatureliness and grounding us in God's design.

The Church

God's Spirit-filled people in local, embodied communities and across time. Makes us wise by orienting our lives around God.

The Bible

God's direct speech to us and our only infallible source. Makes us wise by revealing God, who is wisdom's source and standard.



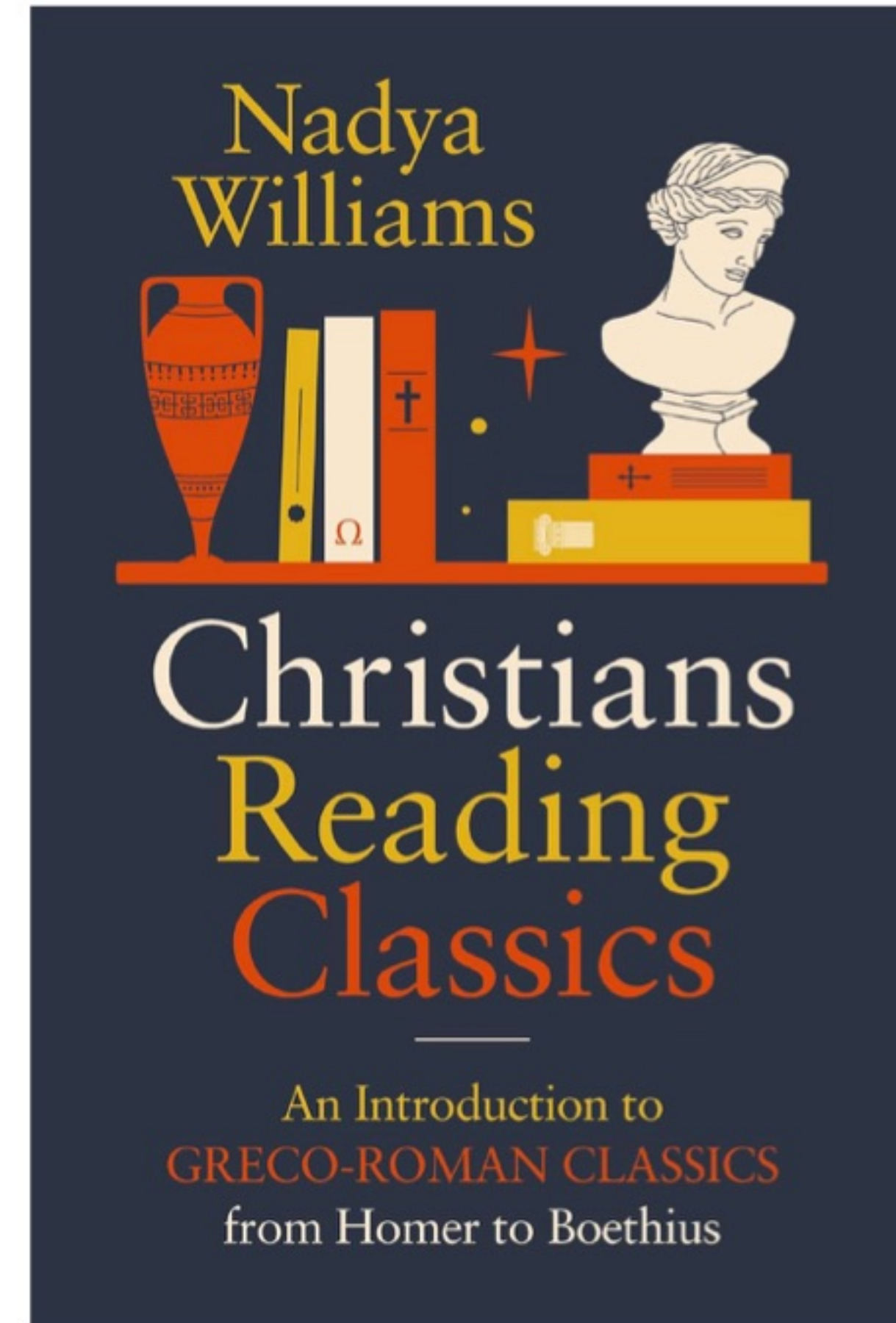
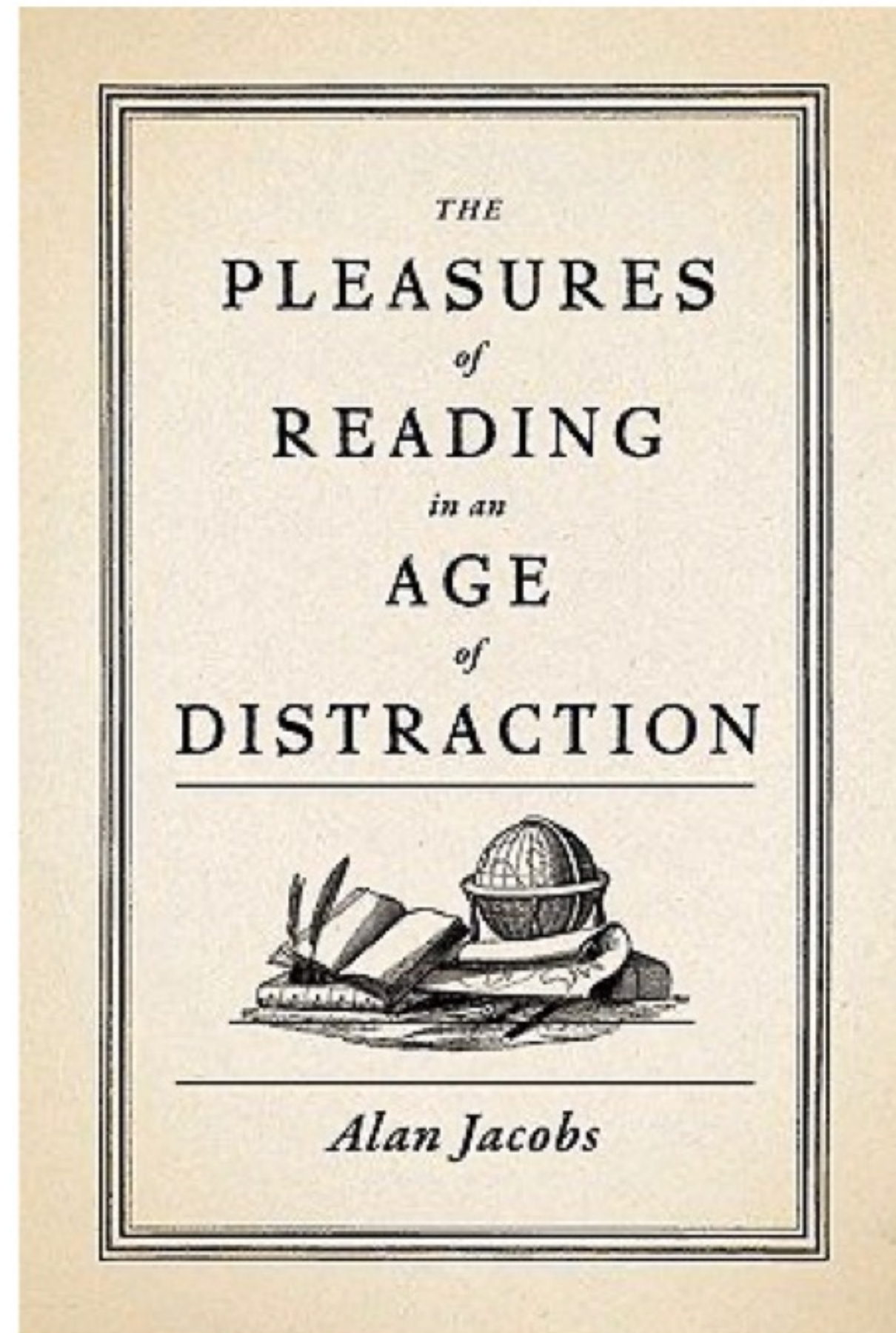
Books

- Helps us become wise both because of the content in books and in the focused act of reading
- Reading helps us retrain the cognitive muscles atrophying in the scrolling age.

Reading Books with Discernment

- Read diversely.
- Follow trusted recommendations.
- Read critically, parsing the helpful and unhelpful.

Recommended Books



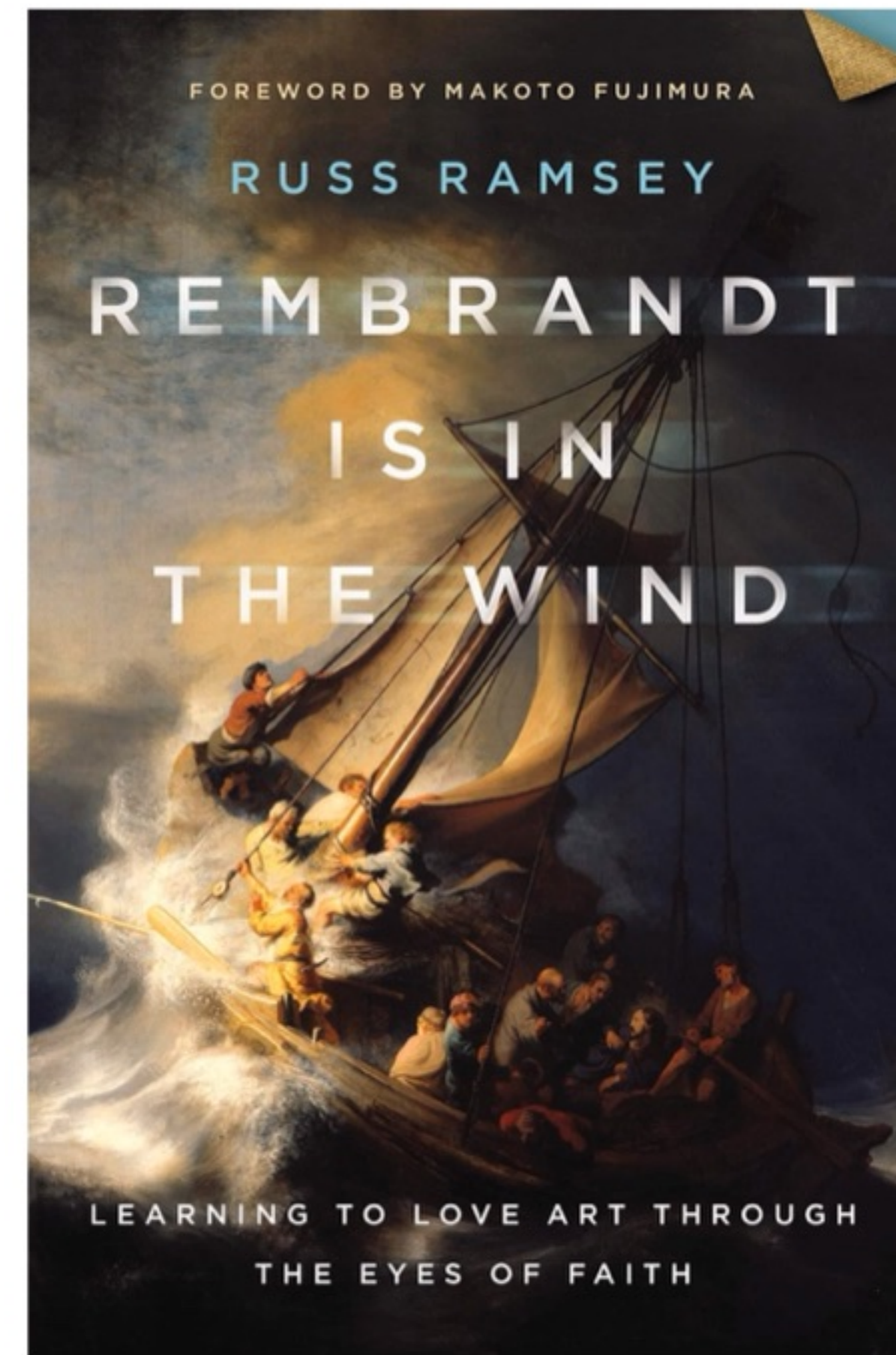
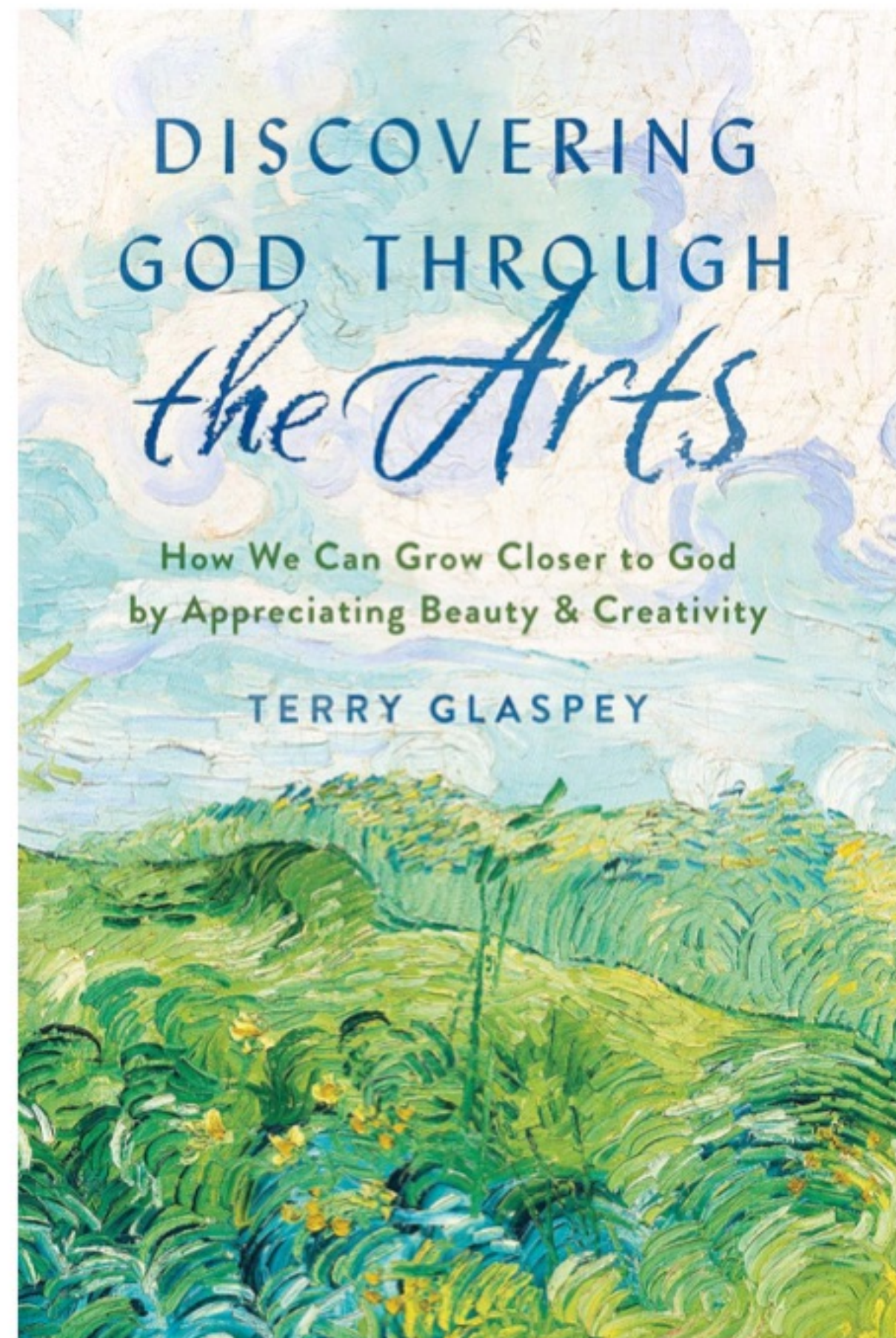
Beauty (Arts)

- Wisdom not just cerebral; it's sensory and emotional
- Beauty has unique power to communicate truth (e.g. The Bible).
- Beauty can lead us to worship God. And worship is wisdom.

Taking in Beauty with Discernment

- Let beauty slow you down. Savor, don't binge.
- Focus on what leads you to love God and neighbor.
- Communal enjoyment better than solitary
- Avoid shock art and transgressive media.
- Know your own temptations.

Recommended Books



Internet, Social Media, AI

- It's on the pyramid! But “use sparingly.”
- Can be sources of wisdom when pointing to or supplementing better sources (e.g. Bible, church, nature, books)

Scrolling with Discernment

- Don't scroll aimlessly. Be intentional. Open phone with a specific task and get off when done.
- Carve out non-scrolling times each day. Model minimal scrolling for those you influence.
- Normalize phone-free spaces.
- Use AI for occasional practical help, don't rely on it.

Recommended Books



Thank you!

