



SLAYING THE GIANTS

**BIG DATA:
RULED BY
INFORMATION**

Devotion

"Walk with the wise and become wise; associate with fools and get in trouble." Proverbs 13:20 NLT

Before you can manage information overload, you need to see it clearly. For one day, notice every source of information you interact with: apps, notifications, news sites, social media, podcasts, group chats, email newsletters. Write them down. Then ask a simple question about each one: does this make me more peaceful, more wise, or more loving - or does it make me more anxious, more angry, or more distracted? Be honest. Some sources you consider "staying informed" are actually just "staying agitated." Proverbs 13:20 says, "Walk with the wise and become wise." The inverse is also true: consume the anxious and become anxious.

Scripture

Proverbs 13:20

Proverbs 4:5-7

Other things you can do

1. Put scripture first (Psalm 5:3)
2. Set time limits (Ecclesiastes 1:18)
3. Steward what you take in (Philippians 4:18)
4. Take Sabbath rests from media (Exodus 20:8)

Prayer

Heavenly Father,

Help us to put You above the noise. In a world filled with voices, opinions, notifications, entertainment, and endless distractions, teach us to recognize Your voice above them all.

Your Word tells us in Proverbs 13:20, *"Walk with the wise and become wise,"* and Lord, we want to be intentional about what and who we allow to influence our hearts and minds. Help us to be careful about the voices we continually listen to and the things we allow to shape our thoughts, our desires, and our decisions.

Forgive us for the times we have given more attention to our phones, social media, television, and the opinions of others than we have given to You. When we reach for our phones, remind us to first reach for Your Word. When we feel the need to fill every quiet moment with noise, teach us to become comfortable being still in Your presence.

Lord, quiet the distractions around us and, even more importantly, quiet the distractions within us. Give us a hunger to seek You not just when we need something, but because we desire to know You more deeply.

Help us create space to pray, to listen, to read Your Word, and simply be with You. Give us discernment to know which voices are leading us closer to You and which ones are pulling us away.

May our lives be shaped more by Your voice than by the world around us. May we choose Your truth over the opinions of others, Your presence over entertainment, and Your wisdom over the constant noise.

God, when everything around us is competing for our attention, help us remember that You are worth listening to.

We choose You above the noise.

In Jesus name,
Amen.