

## Infobesity: When Too Much Is Just Too Much!

*“Of anything beyond these, my child, beware. Of making many books there is no end, and much study leads to a weariness of the flesh.” Ecclesiastes 12:12*

*“But you, Daniel, shut up the words and seal the book, until the time of the end. **(In the last days) many shall run to and fro, and knowledge shall increase.**” Daniel 12:4*

### I. Introduction

**Infobesity:** = “The state of feeling (and being) overwhelmed, generally associated with an intake of excessive quantities of daily information; a long-term result of information consumption.”

We have slowly become a traumatized people. In considering the way that God created human beings, we were never meant to be bombarded with, internalize, and bear up under the increasing weight of all of the information from every source imaginable. And for some people, that even includes waking up in the middle of the night, with their first thought being----“*Oh, now that I’m conscious, let me just quickly check my phone!*”

#### Two different ways infobesity can invade our lives:

**Rapidly** – When an onrush of information, such as at a hands-on brainstorming meeting, takes hold.

e.g., “In the middle of an important meeting, you suddenly feel full, like you can’t take in another thing at that moment.”

**Gradually** – When the information overload insidiously builds and builds over the long term.

e.g., “At the end of each day, you feel dull and unable to absorb anything else.”

### II. Common Symptoms and Damages of Infobesity

- Greatly reduced \_\_\_\_\_
- Cognitive \_\_\_\_\_
- Increased \_\_\_\_\_
- A disruption of \_\_\_\_\_
- An unhealthy dependence on \_\_\_\_\_
- Decreased \_\_\_\_\_ performance
- Unhealthy \_\_\_\_\_ skills
- Distinct loss of personal \_\_\_\_\_
- Greatly increased potential for \_\_\_\_\_
- A marked loss of meaningful \_\_\_\_\_
- A decrease of real-world, measurable \_\_\_\_\_

### III. Practical Solutions for the Infobesity Dilemma

- ✓ Perform a daily “brain dump”
- ✓ Take regular mental health and refreshment breaks
- ✓ Choose to adopt some new daily practices and behaviors
- ✓ Refuse to respond to every email and text immediately

#### **IV. Biblical Practices to Reclaim Your Peace, Balance, and Sanity**

1. Construct social media-related \_\_\_\_\_
2. Take time to internalize the \_\_\_\_\_ around you.
3. Do your utmost to \_\_\_\_\_ your life.
4. Be sure to get the proper \_\_\_\_\_ for your mind and body.
5. Begin to intentionally \_\_\_\_\_ people who are good for you.
6. Take on a new a \_\_\_\_\_ to lift your spirit.
7. Begin to take some time to engage in some \_\_\_\_\_ for your body.
8. Implement the Biblical practice of taking time for personal \_\_\_\_\_.
9. Train your mind to dwell on \_\_\_\_\_ things each day.
10. Never allow the busyness of life to defraud you of your \_\_\_\_\_.

#### **Scriptures to Reflect On**

*“Too much activity gives you restless dreams; too many words make you a fool.” Ecclesiastes 5:3*

*“Make the best use of the time, because the days are evil.” Ephesians 5:16*

*“Keep the Sabbath day holy. Don’t pursue your own interests on that day, but enjoy the Sabbath and speak of it with delight as the LORD’s holy day. Honor the Sabbath in everything you do on that day, and don’t follow your own desires or talk idly. Then the LORD will be your delight. He will give you great honor and satisfy you...” Isaiah 58:13-14*

*“In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety.” Psalm 4:8*

*“It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.” Psalm 127:2 (ESV)*

*“Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.” Matthew 6:34 (MSG)*

*"Be still, and know that I am God. I will be exalted among the nations; I will be exalted in the earth!"*

**Psalms 46:10 (ESV)**

*"Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.'" Matthew 11:28-29 (NLT)*

*"Jesus said, 'Come off by yourselves; let's take a break and get a little rest.'" Mark 6:31 (MSG)*

*"The Lord gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint." Isaiah 40:29-31 (NLT)*

*"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." Philippians 4:6-7 (NLT)*

*"Lord, You will keep him in perfect peace whose mind is stayed on you, because he trusts in You."*

**Isaiah 26:3**

*"You are my servant, I have chosen you and not cast you off; so fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." Isaiah 41:9-10*

*"No, in all (these) things we are more than conquerors through him who loved us." Romans 8:37 (ESV)*

## **ANSWER KEY:**

### **II. Common Symptoms and Damages of Infobesity**

1. attention span
2. overload
3. Stress and Anxiety
4. Sleep Quality
5. digital devices
6. academic
7. social interaction
8. creativity
9. Cyber Addictions
10. spiritual connectivity
11. productivity

### **IV. Biblical Practices to Incorporate**

1. boundaries
2. beauty of creation
3. simplify
4. sleep and rest
5. spend time with
6. recreational activity
7. exercise
8. solitude
9. positive and joyful
10. time with Jesus