

ACTION GUIDE #6: GET WISDOM (Turn Your Screen Off)

Solomon tells us that if we are looking for happiness, get wisdom. Wisdom is the source of wealth and health and pleasantness and peace.

How can we get more wisdom? Here are some ideas.

1. **Pray for Wisdom.** JAMES 1:5 *If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.*
2. **Read the Bible for 21 Days.** Read another version of the Bible you haven't read before.
3. **Increase the Amount of Bible Study You Do Every Day.**
4. **Meditate on the Following Verses for Wisdom.**
 1. EPH 5:15-16 *See then that you walk circumspectly, not as fools but as wise...*
 2. Study the following Proverbs (PROV 3:13-18; 8:11; 9:10).
 3. Read a chapter of Proverbs every day from the NLT version. Whatever day of the month it is, read that Proverb. If it is October 26th, then read the 26th chapter of Proverbs.

Control Your Technology and Minimize Your Screen Time

Screen time is like sugar. A little bit is great. Too much is hurting your quest for happiness.

1. **Minimize Your Screen Time:** If we spend more time being entertained by screens (smartphone, television, computer) than we do learning from God in the Bible, that is an indicator that we need wisdom. In 2018, researchers discovered that Facebook, Snapchat, and Instagram increased unhappiness. They found that Less Social Media, Less Smartphone and Less Screen Time lead to increases in happiness. Find out where you are using the most screen time. Determine to use less.
2. **Don't Compare Yourself with Others.** A big problem with screen technologies is that we can start comparing. In an era of paparazzi and reality shows, everyone lives in glass houses, and the more we see, the less happy we become. When you look at other people's lives, particularly on Instagram, it's easy to conclude that everyone else's life is cooler or better than yours.
3. **Meditate on the Following Verses about Being Satisfied and Not Comparing.**
 4. PSALM 23:1 *The LORD is my shepherd, I shall not want...*
 5. GAL 5:23 Develop Self-Control and strive to be satisfied and not compare.
 6. LUKE 15:11-32 Read the parable of the prodigal (wasteful) son. But think about this story from the perspective of the prodigal's brother. The prodigal's brother should have focused on the fact that he had made better choices and hadn't lost anything. He should have celebrated that he had gained his brother back and enjoyed a great party. How many opportunities do we miss because we don't choose to have a positive mindset?

JOIN THE THREE-WEEK QUEST FOR HAPPINESS

- 1) Rate yourself on happiness overall from 10 (full & incredibly happy) to 0 (empty & incredibly sad).
- 2) Rate yourself on how wise you are from 10 (full) to 0 (empty).
- 3) Focus on getting wisdom for three weeks. After three weeks, share an email of your results to happy@tekeffect.net. Comment: ~Was this time well spent? Why or why not? Would you recommend this to others? What helped you most on this quest?

Example of an email you might send me after 21-days:

Before starting, I scored myself 4 on Happiness and 3 on Spiritual Law # 4.

Week 1: A week later, after praying about this Spiritual Law I scored 5 and 4 on the two scales.

Week 2: After 14 days, I've studied the Bible on this law and prayed about it and now scored 6 and 6.

Week 3: After 21 days, and using ideas from the action guide, I scored 7 on happiness and 7 on Law # 4.

Comment: I would say that this was time well spent. My wisdom has improved. I'd recommend this because I'm smarter. Action Guide tips 2 and 3 helped me the most! Mr. B. Happy (age 23)