

In-Box Full?

What to do With All This Spam!

While, for many, the 20th Century and earlier was marked by shortage, it is clear that NOW, at least for the vast majority of Americans (and other 1st World people), we are bombarded with too much “stuff;” not all bad stuff, much of it good – entertainment, news, “events” of all type, TV channels . . . constant noise and activity so that success today requires better and better “filtering” mechanisms. Otherwise, this “SPAM” of life will consume and cannibalize an otherwise good life.

As much as people complain about less time, everyone knows completing the necessities of life takes less time than it use to – SPAM is simply overwhelming us! A thousand word picture:

Ad Hoc	Filter the SPAM
Take it as it comes	Set priorities
1st Come 1st Serve	
Do what time allows	Use good filters to
Take & do what is	control time, money,
easy	emotions, etc.

SPAM controls take time (“I’m already short of time!”), but they pay great dividends – giving us back far more time while, at the same time, increasing our quality of living measurably!

Noise! Activity! Busy! Busy! Busy!

It is true, filtering was not as important in the past as now (people had less free time), but even with that being true, people are less able to effectively filter today than in the past (it is like we have just thrown up our hands in defeat against the onslaught of the overwhelming SPAM) – they had some simple filtering techniques, in the past, largely forgotten and lost:

- Front porch talks.
- Sunday drives.
- Dinner together (this is a novel idea!).
- Camping, picnicking . . .
- Picking blackberries in the country (is there still a country?).
- Visiting relatives near and far.
- Reading.
- . . .

Today everything has to be a Hollywood production – “Lights! Action! Camera!”

The best filters possible? Reading the *Bible*, praying, going to church, sleep (the most important physical filter) all the above (largely forgotten) nostalgic, simple, things that provide great joy.

The 5th to the last verse of the *Bible* offers a great promise:

The Spirit and the bride say, “Come!” And let him who hears say, “Come!” Whoever is thirsty, let him come; and whoever wishes, let him take the free gift of the water of life. Rev 22:17

But to take this promise “something has to give” – a lot of the SPAM of life must be filtered out so we can focus on and develop what is REALLY important in life:

Love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Gal 5:22 – 23

In-Box Full? Learn the Disciplines of Filtering!