

## Slow Down and Think

### Description

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Proverbs 3:1-8

Researchers found that our minds make decisions in two ways: fast and slow. Fast decision making is characterized by habit, instinct, intuition, and emotion. These are split second decisions we make without conscious thought. The second is slow thinking. It requires conscious thought, focus, energy, and reasoning. Most of the time we are in fast thinking mode. That generally serves us well, but it is flawed, prone to mistakes, and subject to manipulation. Slow thinking is less flawed and less prone to manipulation. We use slow thinking less because we try to get through our days with the least effort possible. We are prone to be mentally lazy.

This would be no surprise to King Solomon. The Proverbs were collected to educate young men, probably some of our fastest and most failure-prone thinkers, to “gain wisdom” (Proverbs 1:1-6). Biblical wisdom always takes God and His Word into consideration. Important things like life and eternity deserve our most careful thought. It is worth the effort.

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