Adding Bricks at a Cost?

In a study published in the journal Nature, researchers at the University of Virginia used Lego structures to investigate cognitive biases in problem-solving. Specifically, whether people prefer adding or removing elements to achieve a goal, like leveling a bridge. In one experiment, participants were tasked with stabilizing a LEGO structure by either adding bricks at a cost or removing one brick for free. About 60% of participants chose to add bricks, even though removing one was simpler and cheaper, suggesting a bias toward addition. This tendency was stronger under time pressure and cognitive load. Solomon says, "For everything there is a season, and a time for every matter under heaven...a time to seek, and a time to lose; a time to keep, and a time to cast away" (Ecc. 3:1,6).

This research study mirrors how we often approach life.

We have a tendency to add things to our schedule and clutter to our lives, even more so when we are stressed. Sometimes what we need is less. Luke tells us about Jesus in Luke 5:15-16 that great crowds would gather to hear him and to be healed, but Jesus would withdraw to desolate places and pray.

We should take a moment to reflect? Do we need to remove distractions, worry, and sin from our lives? We can ask God for the courage and strength to let it go and know we are not in control; God is.

Maybe adding blocks is what we need. Maybe you have a void that needs to be filled, such as Jesus mentions in Matthew 12:43-45: “When the unclean spirit has gone out of a person, it passes through waterless places seeking rest, but finds none. Then it says, ‘I will return to my house from which I came.’ And when it comes, it finds the house empty, swept, and put in order. Then it goes and brings with it seven other spirits more evil than itself, and they enter and dwell there, and the last state of that person is worse than the first. So also will it be with this evil generation.”

This week, let’s reflect on if we need to remove some block or fill voids with spiritual disciplines to grow in Christ.

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