

SIMPLIFYING YOUR LIFE

LIVING ON PURPOSE

SCRIPTURE SPOTLIGHT:

But Martha was distracted with much serving, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."
- Luke 10:40-42 NKJV

A. BUSY FOR BUSY'S SAKE

Ask almost any person you know the simple question of "How's it going?" and you can almost be guaranteed that somewhere within their answer, they'll say they are "busy." In fact, in many ways, being busy has become a measurement of our self-worth. Whether it's with work, activities with our kids, household duties and even church projects, we have become a society that prides itself on being busy for busy's sake.

Most Christians who are living this way know, deep down inside, that something isn't right. They know that something must change. They sense that living this way is costing them something, they're just not sure what and how much. This is not how God intended life to be.

We must simplify our stressed-out, overly complex lives. We must choose those things that are needful, as Mary did, instead of simply doing what would seem good or right to the natural mind. All the resources we're managing—including our own lives—are, first of all, God's property. This truth has great power to simplify our lives because in reality, we don't own anything.

B. WHAT DOES THE WORD SAY?

God's Word holds the very wisdom we can apply that will make our lives simpler, less stressful, and more fertile soil for the transforming power of God. The Word shows us how He wants us to live our lives and the principles that should govern us.

1. Psalm 119:130
How does this verse relate to simplifying your life?
2. Acts 2:46
What does it mean to have simplicity of heart?
3. Galatians 5:16
How does walking in the Spirit coincide with simplifying your life?

C. THE QUEST FOR UNCOMPLICATED LIVING

God has entrusted every person on earth with three primary resources: time, money, and relationships. It is the mismanagement of these resources that makes life so complicated. If we are to simplify our lives the way God intends, we have to become better stewards of these three resources.

1. Simplify Your Relationships

Relationships affect our lives like no other resource. People have the potential to influence us for greatness and godliness, and we can influence others in the same way. Relationships are to be based on the love of God that's been shed abroad in our hearts by the Holy Spirit. There is nothing that can complicate our lives more than when we are not allowing God's love to be present and flowing in every one of our relationships.

2. Simplify Your Money

Few things tend to complicate our lives more consistently and completely than money. Complications resulting from the mismanagement of money spill over into our relationships as well. God wants us to have abundant material resources, but problems arise when we mismanage this important resource. As we prove ourselves faithful in the area of financial planning, God will increase our responsibilities and will entrust us to His true riches.

3. Simplify Your Time

Time is the most valuable resource a person can spend, and maximizing the use of it is critical to successful living. Time is a precious resource. We need to purposefully, worthily and accurately manage our time. Otherwise, it will be lost on something that doesn't line up with God's plan and purpose for our lives. Don't leave God at your prayer closet door when you leave to go about your daily duties. Be occupied with God throughout your day, everywhere you go, communing and talking with Him from your heart.

D. WORD STUDY: DIGGING DEEPER

1. 'Distracted' (Greek root):
2. 'Troubled' (Greek root):
3. 'Needed' (Greek root):

E. THOUGHTS TO DWELL ON

Obviously, we have responsibilities we can't ignore; there are things that must be addressed and attended to. Finding a place of stillness and simplifying our lives doesn't mean we should ignore our responsibilities. We can begin to simplify by prayerfully seeking God's direction under the guidance of the Holy Spirit. He will show us how to make changes in our behavior and actions that will begin the process of simplifying our lives.

We will never have the understanding necessary to enable us to succeed and overcome life's challenges without some simplification in our lives. It is virtually impossible to achieve God's ultimate plan without godly wisdom to help us do it. This means gaining the understanding that can only come to those who have simplified their lives. And to simplify our lives, we must become a master of managing the resources we have at our disposal—namely time, money, and relationships.



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SCRIPTURES:

Psalm 119:130
Acts 2:46
Hebrews 12:1
Mark 4:18-19
2 Timothy 2:4
2 Corinthians 1:12, 11:3
Romans 16:19
Galatians 5:16

For further study:

Romans 8:14
Colossians 1:13

CONFESSIONS:

I throw off everything that hinders and easily entangles me. I won't let cares, anxieties and distractions choke the Word out of my life. I lay aside every weight which so easily besets me.

I make the decision right now to set aside time to sit at Jesus' feet. I will daily "choose the good portion," just as Mary did and simplify my life.

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One reason so many Christians today are worn out and faint is because their lives are complicated.

- Joyce Meyer

The primary reason people don't receive the light that would open them up to a better understanding of God is that life is simply too complex.

- Mac Hammond

You know, desperation sometimes helps. It encourages you to simplify your life. It inspires you to eliminate the unnecessary things and just go for God.

- Gloria Copeland

Positive people simplify the complicated. Negative people complicate the simple.

- Rod Rice

Our tendency is to complicate matters and make it difficult to obtain divine knowledge.

- Dick Mills

The enemy of your soul has used busyness and distractions to steal from you a special moments that God wanted to give you.

- Lynne Hammond

It sometimes seems as though this world is like an octopus always trying to grab you with its tentacles. If you don't watch out, it will wrap itself around you until you're completely tied up in the trivial things of this world.

- Kenneth Copeland

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