

# SIMPLIFY: UNCLUTTER YOUR SOUL

## SESSION FOUR: DECLUTTER, PART TWO

*“By putting God first and keeping your priorities on track, you can live out your full potential and experience the abundant life that God promises.” Bill Hybels*

### **EXTERNAL DECLUTTERING:**

#### **1. RHYTHMS OF JESUS: Jesus lived in an inside-out rhythm of life.**

a. ABIDE in God.

*“I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing.” John 15:5 (NRSV)*

b. PAUSING FOR PRAYER

*“As often as possible, Jesus withdrew to out-of-the-way places for prayer.” Luke 5:16 (MSG)*

c. Disciplines of ABSTINENCE (self-denial) – solitude and silence, fasting, Sabbath and submission.

d. Disciplines of ENGAGEMENT – meditating on Scripture, fellowship, worship, praying the Psalms, service, community.

#### **2. CREATING A GOD-FIRST SCHEDULE:**

a. Our schedule is far less about what I want to GET DONE and far more about who I want to BECOME.

b. What would my schedule look like if GOD were in charge of it?

c. Who do you want to become? What needs to be put into my schedule so that I become this kind of person? What investment of time will it take each week/month to be the person I want to be?

d. Schedule the most important things first. This means you have to include non-work responsibilities on your calendar. You need to include the things that replenish your bucket.

e. **Simplified living requires purposeful STEWARDSHIP of each day**

Your schedule is causing you to become someone. Is it causing you to become a workaholic dad, a chronically exhausted mom, a distracted employee, an absentee friend...?

Or is it causing you to become a devoted follower of Christ, a responsible financial steward, a formidable prayer warrior, a faithful friend?

Your schedule is causing you to become someone. The question is, what do you think of who you've become?

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**3. QUIT STUFF:**

- a. "Every Thursday, quit something." Bob Goff
- b. We have to say NO to a lot of good things so we can say YES to the best things.

**4. TURN IT OFF:**

- a. Trade in the iPhones and iPads for WeWalk, WePlay, WeRead, and WeRest.

**5. PRUNE and PURGE:**

- a. Think tortoise, not hare. Make small changes to declutter your soul and your life.
- b. Start small. Clean out one room, one closet or even one drawer to begin with.
- c. Focus on one unhealthy habit and one change you can make towards purging that unhealthy habit from your life.

**"This is what I'm after: Feeling not empty, but full.**

**Living not at full throttle, but at rest.**

**Letting whatever abundance God has in store for me come in, sit down, and be at home."**

*Brady Boyd, Addicted to Busy*