

SIMPLIFY: UNCLUTTER YOUR SOUL

SESSION ONE: THE STRUGGLE IS REAL

“Simplified living is about more than doing less. It’s being who God called us to be, with wholehearted, single-minded focus. It’s walking away from innumerable lesser opportunities in favor of the few to which we’ve been called and for which we’ve been created.” Bill Hybels, *Simplify*.

Session One: The Struggle is Real

Session Two: The Dream

Session Three: Declutter, Part I

Session Four: Declutter, Part II

ARE YOU OVERLOADED? (See handout)

Which of the following statements would you say best describes your schedule right now?

- Time to spare.** I am mostly unscheduled and have quite a bit of discretionary time.
- Time accessible.** I am lightly scheduled and have a fair amount of discretionary time.
- Time enough.** I have a good balance between scheduled commitments and discretionary time.
- Time limited.** I am heavily scheduled and have little discretionary time.
- Time shortage.** I am overscheduled and very rarely have discretionary time.

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?

What three words would you use to summarize how you feel about your current schedule? For example: *challenged, bored, energized, exhausted, resentful, engaged, productive, etc.*

WHY ARE YOU OVERLOADED?

- FEAR
- PRIDE
- GUILT/SHAME
- FEAR OF MISSING OUT

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- CONTROL
- REACTIONARY LIVING
- SOMETHING ELSE?

EXODUS 3:1-4 – Moses at the Burning Bush

v. 1 – Moses arrives at Horeb, the mountain of God. Horeb means “desolate wasteland”.

v. 3 – Moses “turns aside to look.”

v. 4 – When the LORD saw that Moses had turned aside to see, God called to him.

The antidote to all the busyness in our lives isn't organizing our closets, clearing our calendars, or chucking technology. The antidote is leaving that stuff – sometimes undone - to spend time with God. The antidote is to turn aside to look and see and listen to the Lord who calls out to us.

**“For many people the barrier to spiritual growth is not lack of commitment,
but over commitment to the wrong things.”**

Rick Warren, Pastor and Author