

*SIMPLIFY: UNCLUTTER YOUR SOUL*  
SESSION THREE: DECLUTTER, PART ONE

*"The main thing God gets out of your life is not the achievements you accomplish.  
It's the person you become."* Dallas Willard

What clutters the soul does not mainly come from the outside but the inside.

**INTERNAL DECLUTTERING:**

1. **CONTENTMENT** - Rest seldom travels alone. Contentment is a frequent companion. Discontented people almost never find rest for their souls.
  - a. *"The real cause of our discontent is not in our circumstances. If it were, a change of circumstances might cure it. It is in ourselves, and wherever we go we shall carry our discontent heart with us. The only cure which will affect anything - must be the curing of the fever of discontent in us."* J. R. Miller (1840-1912)
  - b. *"I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* Phil. 4:11-12
  - c. Contentment is LEARNED.
  - d. Contentment is HOLISTIC.
  - e. Contentment is FREEDOM.
  - f. The greater our intimacy with Jesus, the greater our contentment.
  
2. **CONQUERING FEAR** *"God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."* 2 Timothy 1:7
  - a. Understand Fear's ORIGINS
  - b. Expose Fear's LIES
  - c. Face Fear HEAD-ON
  - d. Speak Words of TRUTH

***"Content makes poor men rich; discontent makes rich men poor."***  
*Benjamin Franklin*

*"Cast all your anxiety on him, because he cares for you."* 1 Peter 4:7 (NRSV)

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**3. FOCUS ON THE PERSON GOD WANTS YOU TO BE** – *“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*

**a. Life Verse** – a short passage of Scripture that serves as a rallying cry to guide and focus the current season of your life, or your life as a whole. An effective life verse serves as a call to action.

- i. It CLARIFIES what matters most.
- ii. It CALLS OUT the best in me.
- iii. It BRINGS comfort.

*“If I had eight hours to chop down a tree, I’d spend six hours sharpening my ax.”*  
Abraham Lincoln

**b. Word for the Year** – Select a word that you will focus on for the upcoming year that moves you closer to being the person God wants you to be.

**c. Think about Legacy**

#### Examples of Life Verses:

**Psalms 16:11** – “You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.” Billy Graham

**Amos 5:24** – “Let justice roll on like a river, righteousness like a never-failing stream.” Martin Luther King Jr.

**I Corinthians 15:58** – “Therefore, be steadfast, immovable, always abounding in the work of the Lord, knowing that your work is never in vain if it is in the Lord.” Bill Hybels

**Galatians 5:22-23** – “By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things.” Doyle Sager

**Isaiah 61:1** – “The spirit of the Lord GOD is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners.” Melissa Hatfield