

SIMPLIFY: UNCLUTTER YOUR SOUL

SESSION TWO: THE DREAM

“Above all, measure your progress by your experience of the love of God and its exercise before men.” William Wilberforce, Abolitionist

Session One: The Struggle is Real

Session Two: The Dream

Session Three: Declutter, Part I

Session Four: Declutter, Part II

THE GIFT OF SABBATH: The way into Christian Sabbath observance isn't so much about rules as orientation: away from the busyness of the week and towards the Creator who rested. In this we may find a true sense of *Shabbat shalom*, Sabbath peace.

1. Sabbath is HOLY. Exodus 20:8-11
2. Sabbath is a GIFT. Mark 2:27
2. Sabbath is FREEDOM. Isaiah 58:13-14

“Gallantly, ceaselessly, quietly, man must fight for inner liberty to remain independent of the enslavement of the material world. Inner liberty depends upon being exempt from domination of things as well as from domination of people. There are many who have acquired a high degree of political and social liberty, but only very few are not enslaved to things. This is our constant problem – how to live with people and remain free, how to live with things and remain independent.”

Abraham Heschel, *The Sabbath*

“To refuse Sabbath is in effect to spurn the gift of freedom. It is to resume willingly what we once cried out for God to deliver us from. It is choosing what we once shunned. Slaves don't rest. Slaves can't rest. Slaves, by definition, have no freedom to rest. Rest, it turns out, is a condition of liberty Sabbath is a refusal to go back to Egypt.”

Mark Buchanan, *The Rest of God: Restoring Your Soul by Restoring Sabbath.*

KIDDUSH – A prayer and blessing recited over wine or grape juice that ushers in the Sabbath and holidays. It begins with Gen. 1:31-2:3 and follows with a blessing thanking God for the gift of the Sabbath.

“God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.” Genesis 1:31-2:3 (NRSV)

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HOW DOES GOD FILL OUR CUP TO OVERFLOWING?

1. CONNECTION WITH GOD
2. SPENDING TIME WITH FAMILY AND FRIENDS
3. SATISFYING WORK
4. RECREATION/LEISURE
5. WHAT ABOUT YOU? WHAT REFILLS YOUR CUP?

ACTION STEPS:

1. **SESSION ONE ACTION STEP:** Take an honest assessment. Are you filled up? Are you half full? Are you depleted? Be honest. Once you've assessed how full or empty your bucket is ask yourself, "Why?" Why do you let yourself get this depleted? What drives me, really? Ask God to give you insight into what's underneath your propensity for running on empty.

2. **SESSION TWO ACTION STEPS:**

a. What are the replenishing people, dynamics, activities and engagements that fill you up when you've gotten a little low in the tank? Don't worry about how to fit these into your schedule yet. For now, envision doing those things that bring you the most joy, the deepest sense of God's pleasure with your life. Think about the five ways mentioned above that God uses to fill our cup. Do any or all of those ring true for you?

b. Choose one or two of the these life-giving things from #2 that you can start doing tomorrow; one you will do by the week's end; and one you will try by the end of the month. The goal isn't to fill your entire cup overnight but to begin to train yourself to begin the habit of prioritizing the things that fill your cup. Change begins with small, daily steps. Start now.

**"It is night after a long day. What has been done has been done;
what has not been done has not been done. Let it be."**

from "Night Prayer", a prayer in the New Zealand Book of Prayer