



Simplify Your Life for What Really Matters

It is estimated that companies this year will spend close to **350 billion dollars** to advertise products you know you can't live without*. They will try to convince you that their product will move you significantly

closer to Happiness. And most of us will buy in. Now, consumerism isn't wrong in itself but it begins to move into dark and destructive places when we get overly attached to our "stuff". *We can lose sight of what really matters.*

So, from time to time, God calls us to SIMPLIFY our lives to get us back on track. God calls us both to let go of things that hold us back and to take on habits that will keep us walking in His Freedom. Let's look at some practical ways we can respond to that call.

- ✓ **Let your simplification be a conversation with God** – Listen to what God is telling you about your possessions. Take quiet time to hear His Whispers in your heart. Test those intuitions against the loving, life-giving character of Jesus and, if they seem to produce His peace and wholeness, then begin to take some steps of ACTION.
*"Speak, LORD, for your servant is listening."
-- Eli to Samuel (1 Samuel 3:9)*

- ✓ **Letting go of things (or the way you use them) can generate resistance** – That's natural. There may be levels of grief and loss you get to walk through. But keep walking! Stay focused on the refashioned lifestyle Jesus is giving you. God is simply pruning away the "dead wood" in your life!
...a time to search and a time to give up, a time to keep and a time to throw away, ... (Ecclesiastes 3:6)

(over)

* From: <https://www.statista.com/statistics/272314/advertising-spending-in-the-us/>

- ✓ **Learn to recognize the presence of Jesus' freedom in your life** – It's a growth process. Pay attention to your places of tension, physically and emotionally. Watch for that tension to begin to melt away as you actively surrender to God's liberating plan for you.
*Come to Me, all who are weary and heavy-laden, and I will give you rest.
(Matthew 11:28)*

- ✓ **Try to stay on track with God's timing** – Sometimes we lag behind in our responses due to laziness, ego, and general selfishness. Sometimes we tend to rush ahead of God in an effort to "help". Again, when you are aligned with the Spirit working in you, there will be a sense of it being natural and right for you (though stretching).
He has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end. (Ecclesiastes 3:11)

- ✓ **Once your simplifying is completed for now, use what you've learned to be an encouragement to someone else** – That doesn't mean you give advice or attempt to straighten out someone else's chaos. Let them approach you. Then find positive, non-judgmental ways to help them be successful too. Your helping others will further establish your new lifestyle changes and bring you closer to the true source of happiness: God.
*Bear one another's burdens, and thereby fulfill the law of Christ. –
(Galatians 6:2)*

Your life is meant to be lived joyfully! Let Jesus lead you into the fullness He has planned for you. Learn to simplify your life to refocus upon the things that really matter, which aren't "things" at all but quality relationships!

Let us know if we can help!



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