

FOLLOWING RABBI JESUS – JOYFUL SIMPLICITY, Mt 6:19-34, 10/23/22

C. Weekly Schedule- map out your ideal week, seek to put in what you value most- Happiness is when our schedule reflects our values. Do your best work when you are at your best

	Sun	Mon	Tu	Wed	Th	Fr	Sat
Morning							
Afternoon							
Evening							

D. Sunday Night Family Business Meeting- 20 minutes to schedule out week, logistics, making sure you include your values- date night, family night, serving, etc.

E. If you don't have enough time to do nothing, you don't have enough time. We can only give out of our margin. Jeff Bethke

III. SPEECH- Joyfully Simplify your words

A. Let your yes be yes, and no, be no

B. Try one of these just for a day – to start working your “simple speech” muscles

1. No ambiguity, manipulative flattery, exaggeration
2. Seek to say nothing false or negative
3. Seek to only speak truth in love
4. Seek not to tell anyone of any of your acts of kindness

IV. RELATIONSHIPS- Joyfully Simplify and better connect

A. Observations- Jesus' concentric circles of friends, social media, kid's free play

B. Practical steps

1. Limit social media to 30 minutes a day
2. Spend real time with 4 levels of friends up to 150 – eat together, visit, small groups, church, etc.

- I personally benefited from this 10-session podcast, usually under 30 minutes each- <https://podcasts.apple.com/us/podcast/fight-hustle-end-hurry/id1480300467?i=1000453850659>

❖ **WHAT'S GOD SAYING TO YOU?** – write it down, pray it back, DO IT, and share it with others! Heavenly Father, slow me down. Help me to live a simple life- your kingdom first, getting rid of the distractions, being content & generous with all you've given me. Show me how. All so that, I become more like Jesus and bring more to Jesus. I especially hear You saying, ...

GETTING OUR FEET WET- How much speed/dope does it take to kill a mouse?

- The power of community, fear & want
 - Lessons from Hitler & the “Father of American Advertising”
 - Lessons from Jesus- Fast Rewind
- I. The problem of Hurry-
- A. Ancient, but accelerated- banquet, Martha, Dan 12:4
 - B. Used by Satan to rob us of real life- Fruit of the Spirit- Eph 6, Gal 5
- II. Jesus' answer – follow me- 21x
- A. Jesus is our model & good habits are our friend
 - B. Jesus' habits for slowing down
 1. Silence & solitude- getting alone with God & our souls - Mk 1:35
 2. Slowing- being present, seeing interruptions as opportunities to love, Mk 5:21-43. Make it a game- slow down driving, eating, shopping, tech, multi-tasking, etc
 3. Sabbath- stop, rest, delight, & worship deeply once a week- Lk 4:16.
 4. Simplicity- a joyful life of seeking the Kingdom first
 - a. Jesus' example- lifestyle, friendships, teaching, purpose
 - b. How-
 - Say “Yes” to our values, “No” to our distractions
 - Be content & generous with all that God provides
 - c. The result
 - Focused, uncomplicated, joyful life
 - Living with purpose and compassion

DIVING INTO SCRIPTURE- Mt 6:19-34

- A. 8 Commands in 16 verses, 23 sentences (30%)
1. Storing (2x)-
 2. Worrying (3x)-
 3. Looking (2x)-
 4. Seeking (1x)-

B. Reasons behind the commands- 16 of the 23 sentences (70%)

1. The nature of our... treasures, heart, eyes & service (6:19-24)
2. Analogies & comparisons- birds, flowers, pagans - 6:25-34
3. Five questions – life, body, birds, flowers, worry do?

WARNINGS	PROMISES
Earthly treasures fade	Heavenly treasures last
Bad (greedy) eye brings blindness	Good (generous) eye brings light
Can't serve God & money	Can seek His kingdom first
Worry doesn't help you	Father will care for you
Pagans seek these things	Father knows you need them
Today has enough trouble	Tomorrow will take care of itself

C. The Big Picture- Jesus is dealing with our heart & worldview (good or bad eye)

FOCUS	SATAN'S KINGDOM	FATHER'S KINGDOM
Past	I earned it – pride	God helped me (Dt 8)-thankful
Present	I need more – greed	God provides- contented
Future	I must protect it – fear	God will provide- faith
Stuff	Necessary, all important	Needed, yet fleeting, provided
Happiness	More stuff = more happiness*	Contentment, faith & love = more happiness
God	He's out to get you, Society knows best – doubt, distance	He loves you more than birds, flowers... closeness
Others	They can get it themselves-uncaring	I can share- love
Me	Orphan- alone, must defend myself	Adopted- loved, protected

- *Reality- what John Mark Comer learned from minimalism- Jesus was right after all 😊
 - More stuff = More stress, spending, debt, cleaning, organizing, work, jealousy, comparison
 - Less stuff = More freedom in time & money, productivity, generosity, focus, rest, finding things easier, happiness, purpose, fulfillment, love, peace, prayer, margin, relationships

PRACTICAL STEPS TO SIMPLICITY

I. POSSESSIONS- Joyfully Simplify your stuff

A. Steward our Buying

1. Ask
 - What's the true cost? Will it help me enjoy God, love people or distract me? What will it do to the pace of my life?
 - Do I really need it? - 30 day waiting period, never impulse buy

- Is it good quality? Will it last?
- By buying this am I oppressing the poor or harming the earth?

2. Make & live by a budget- usually takes 6 months
3. Recognize advertising for what it is- propaganda. Call out the lie. "The Volvo"

B. Steward our Giving

1. Tithe- 10%, offerings- special needs- carry a spare \$20
2. Share- let others borrow your stuff
3. Get into the habit of giving things away- individuals, missions, Goodwill, etc.
4. Declutter- 8 steps - start slow (becomingminimalist.com- Joshua Becker- former pastor)
 - 1) Give or throw away 1 item a day
 - 2) Set timer for 5 minutes to organize, give or throw away – start in one room or closet
 - 3) Fill 1 trash bag- go through home look for things you can donate
 - 4) Donate clothes you never wear
 - 5) View your home as first-time visitor
 - 6) Take before and after photos of small areas you've cleaned
 - 7) Ask a friend to help you- if they think something should go, and don't agree with your reasons, it has to go
 - 8) Use the 5-box method- pick one room or closet, do not skip over any item, this may take days, weeks or months

Trash	Recycle	Give away	Wait	Keep
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C. Steward our Enjoying – God said it is good, given us all things freely to enjoy

1. Learn to enjoy things without owning them- parks, VRBO, borrow
2. Cultivate a deep appreciation for
 - Creation- nature, leisurely walks
 - Simple pleasures- coffee, evening walk, home cooked meal
3. Lead a cheerful, happy revolt against the spirit of materialism

D. Steward our Saving

1. Save 10% for future, but do it with faith
2. Read Mt 6:19-34- before you look at your investments

II. TIME- Joyfully Simplify your schedule

- A. Set goals- for the year, season, month, week, day- don't try to do everything at once
- B. Yearly- Family Summit- list all your activities on different 3x5 cards, ask God what to keep, throw away or add (usually 15-25 things). Garage sale your schedule!