

10 Steps to Simplifying Your Life

Topic: #505

Category: Recovery



She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one".
Luke 10 39-41a

10 Steps to Simplifying Your Life

1. Set Priorities

Choose 5 areas of your life that are very important, and 5 areas that are semi-important. Be specific, instead of "marriage" consider "marriage growth" or "weekly spouse time". Other general areas might be Spiritual Growth, Volunteering, Job, Education, Health/Exercise, Children, Family, etc. Anything not in your "Top 10" is OPTIONAL and should only be allowed in your life when the Top 10 are in check.

2. Start each day with the Lord.

Even a simple prayer before you get out of bed gets your day off right.

3. Organize Your Day

Are daily duties part of your priorities? Rearrange! Eliminate! Delegate!

4. Declutter your house

Use 15 min/day, clean one small area. Put away—throw away—give away.

5. Find "me" time

Spend 30 minutes a day doing what you enjoy – reading, painting, etc.

6. Declutter your digital world

Unsubscribe from email lists. Set time limits on social media.

7. Eat right and exercise.

Keep a simple balanced diet, exercise 30 min. per day. You'll feel better.

8. Eliminate personal baggage.

Forgive. Resolve. Get over it. Get on with it.

9. Don't take the simplicity road yourself

Get the family involved or have a partner to encourage you

10. Learn to live with less

Go for the "experience" instead of the "stuff".

Discussion Questions/ Activity:

1. What area do you want to change?
2. Who has a "Good idea, BUT..." attitude about one of the ideas?
3. Who has a solution or a success story to share?
4. How did Jesus' life exemplify these traits? 505a©2012FreshHope

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