

Sim-**pli**-fy

While 21st century culture says more is better, what if we tried something different in 2016. What if we stopped making resolutions, and instead sought to simplify our lives? What if we were more like David “a man after God’s own heart” and got our hearts in tune with God’s? Just maybe we will find that the full life Jesus longs for us to have isn’t found in adding more but doing less.

Week #1: Less Is More

Life is anything but **simple**.

- Matthew 22:34-40 — *34 Hearing that Jesus had silenced the Sadducees, the Pharisees got together. 35 One of them, an expert in the law, tested him with this question: 36 “Teacher, which is the greatest commandment in the Law?” 37 Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ 38 This is the first and greatest commandment. 39 And the second is like it: ‘Love your neighbor as yourself.’ 40 All the Law and the Prophets hang on these two commandments.”*

If anyone knows simple, it is **Jesus**.

- Ecclesiastes 2:11,12 — *I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my labor, and this was the reward for all my toil. 11 Yet when I surveyed all that my hands had done and what I had toiled to achieve, everything was meaningless, a chasing after the wind; nothing was gained under the sun.*

If anyone needs to sim-**pli**-fy, it is **me**.

- Ecclesiastes 12:13,14 — *Now all has been heard; here is the conclusion of the matter: Fear God and keep his commandments, for this is the duty of all mankind. 14 For God will bring every deed into judgment, including every hidden thing, whether it is good or evil.*

Sim-**pli**-fy Truth #1

Less = More

- Luke 10:38-42 - *38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 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!” 41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”*

Sim-ple Resolution #1

To align my heart with God's, I need to guard my **heart**.

- Proverbs 4:23 - *Above all else, guard your heart, for everything you do flows from it.*

Points to Ponder

- 1) When it comes to our life of faith, some things are “non-negotiables”. Spending time in God’s Word is one of those. In order to that well, 2 things have to happen in our lives; 1) Eliminating things from our to do list, and 2) Making time with God job #1. Which one will be harder for you to do and why? Why is it vital to do them both?
- 2) In order to guard your heart this year, what things do you need to say no to (perhaps some good things) in 2016? Be specific.
- 3) In order to guard your heart, what will you do to make time with Jesus job #1 in your life? Be specific.

Homework: Matthew 5