

- Week 4 - Week 4 - Cindy & Laura
 - Anchor of the Week: Be Focused: Overcome Fear & Simplify
 - Anchor verse: Micah 6:8, Walk humbly
 - Did you have any thoughts on your calling or your guiding principle right now?
 - Is there anything that concerns you about it? Do you feel fearful about how to go about pursuing that calling?
 - Types of fears: inadequacy, failure, lack of perfection, real or perceived, what ifs?
 - Song: "Fear He is a Liar" - remember God's promises instead
 - Remember who Christ is and who you are in Him.
 - Fear
 - Old Testament examples of fear - much fear of other nations and peoples. People told to fear God instead
 - Joshua - the people feared, but Joshua trusted
 - Esther - led by trust more than fear, faced fear in stages
 - Prov. 31:30 - the excellent wife does not fear
 - Joel 2:21 - remembering the Lord has done great things
 - While David was being pursued he had comfort through God's instruction
 - Psalm 23:4 - no fear because He is with me
 - Psalm 25:12 - He will instruct us when we put our trust in Him
 - Psalm 27:1 - He is my light, who should I fear?
 - Psalm 34:4 - Delivered me from my fears - I Cor. 10:13
 - Psalm 56:3-4 - Put my trust in Him and not be afraid
 - Psalm 91:5 - Not afraid of terror by night
 - Paul's fears and travel struggles - II. Cor. 7:5
 - Fears in service
 - Luke 1:74 - Serve Him without fear
 - Is. 43:1 - Do not fear. I have called you by name
 - Song - "Greater" by Mercy Me
 - I John 4:4 - Greater is He that is in me
 - Rom. 8:15 - fear is slavery, confidence as sons
 - Heb. 13:6 - confidence
 - I John 4:18 - perfect love casts out fear
 - What is fear and what is guidance?
 - John 14:27 - My peace I leave with you
 - II Tim. 1:7 - not a spirit of fear, but of a sound mind
 - I Pet. 2:17 - simplicity of instruction
 - Live Simply - What it is and what it is not
 - Micah 6:8 (Mark this verse as the segue into session)

Micah 6:8 (Mark this verse as the segue into session) Whose part are you trying to do?

He (God Almighty, our Creator) has told (simple instruction has been given in God's Word; last week's anchor—we have been given ALL we need) **you, O man,** (We are human, the created, we are finite) what is good; (His standard, not ours, not set by culture) And what does the **Lord** require (not suggest) of **you.** But to do justice, to love kindness, And to walk (a process) humbly (remember our position) with your (personal) God?

- Do justice
- Love kindness
- Walk humbly

Keeping these three as a filter for everything let's look at how this helps us live simply.

- What living simply is NOT:
 - Owning less won't solve all your problems
 - It doesn't mean you'll never be stressed or busy
 - There's never a finish line

Keep the main thing the main thing--what was your guiding principle from last week? Did it include something about justice, kindness and humility? Keep your life rule in the forefront, filter through God's standard. If your activities/pursuits/commitments don't fit under that -- then stop them. We like the idea of a simple life but sometimes we like our choices more.

Shaker Hymn

'Tis the gift to be simple,
'tis the gift to be free,
'Tis the gift to come down to where we ought to be,
And when we find ourselves in the place just right,
'Twill be in the valley of love and delight.
When true simplicity is gain'd
To bow and to bend we shan't be asham'd,
To turn, turn will be our delight
'Till by turning, turning we come 'round right.

Living Simply will bring us to the "abundant life" God has promised and already established for you.
John 10:10

(Paul to believers)

II Cor. 6 ¹⁻¹⁰ Companions as we are in this work with you, we beg you, please don't squander one bit of this marvelous life God has given us. God reminds us,

I heard your call in the nick of time;
The day you needed me, I was there to help.

Well, now is the right time to listen, the day to be helped. Don't put it off; don't frustrate God's work by showing up late, throwing a question mark over everything we're doing. Our work as God's servants gets validated—or not—in [the details](#). People are watching us as we stay at our post, alertly, unswervingly . . . in hard times, tough times, bad times; when we're beaten up, jailed, and mobbed; working hard, working late, working without eating; with pure heart, clear head, steady hand; in gentleness, (*kindness/mercy*) holiness (*justice*), and honest love (*humbly*); when we're telling the truth, and when God's showing his power; when we're doing our best setting things right; when we're praised, and when we're blamed; slandered, and honored; true to our word, though distrusted; ignored by the world, but recognized by God; terrifically alive, though rumored to be dead; beaten within an inch of our lives, but refusing to die; immersed in tears, yet always filled with deep joy; living on handouts, yet enriching many; having nothing, having it all.

11-13 Dear, dear Corinthians, I can't tell you how much I long for you to enter this wide-open, spacious life. We didn't fence you in. The smallness you feel comes from within you. Your lives aren't small, but you're living them in a small way. I'm speaking as plainly as I can and with great affection. Open up your lives. Live openly and expansively!

My favorite book: G. K. Chesterton *Man Alive*

What gets your focus? The crying baby, the dripping faucet, the traffic noise, the phone... How are you going to hear God's "still, small voice"? We need to eliminate a few things in order to hear his counsel.

II Thessalonians 4:11-12

What keeps your focus? Entertainment, worship, learning, what's in front of your eyes... (Eye documentary) So it's really about how to keep him in front of you at all times.

Let's talk about how Micah 6:8 looks in real life.

1. How do you "do justice"? (fair, honest, righteous)

- Work
- Family
- Church
- How about our speech? Do we say one thing and think another? Speak simply. It's only fair to others to say what you mean.

2. How do you love mercy? Gentle kindness

- Tone of voice
- Service/sacrifice (next week's topic)
- Acceptance of others as they are
- Do you show yourself mercy?

Job 6:14 (NASB)

¹⁴ "For the despairing man *there should be* kindness from his friend; So that he does not forsake the fear of the Almighty.

3. How do you walking humbly with God:

- First: Am I walking with God? Talking, listening, following
- Second: Am I walking humbly? (back to hymn...down where we ought to be & putting Him up where he ought to be

Matthew 6:19-21

"Simplicity asks us to let go of the tangle of wants so we can receive the simple gifts of life that cannot be taken away." Adele Chalhoun

- Have I complicated my walk in some way? Made "rules"? Get back to just enjoying Him and His gifts.

II Peter 1:10 (from last week)

Be diligent and certain in our practice. Of what? Simply the former verses of 5-8. Keep these in focus. Focus on the eternal because everything else will vanish.

Walking with limits is a way of humility. We are not God. We are finite beings that need space, margin, and limits so we can rest. Intentionally limit your choices on something this week. Only offer one thing to drink at meal time or only choose from two clothing choices. Only eat at home this week. Only watch one channel of TV. **Analyze** the reactions and feelings this produces. Simplicity in my life will look very different than yours!

Have you ever had to downsize? How has “more is better” influenced you? How you ever given away something you still like and want? Who are you without something you “own”? Aging is also about simplifying and letting go. It prepares us for what is to come. One day we will leave it ALL behind.

Simplicity is a focused mindset.

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John 3:30 What should increase and what should decrease.

Practical Ways: (not a fad) YOUR CHOICE

Purge stuff—fewer responsibilities

limit technology (types or time)

remove notifications from your phone—less stress

capsule wardrobe—fewer choices makes them happen quicker

say no—because it is really saying yes

limit media—so your mind doesn't dwell on negative things

establish routines—to manage your time

live frugally—so you can give (no debt, no advertised items)

eat simply—prep time and clean up

meditate—do nothing but enjoy your moment