

## Ten Simple Things That Will Change Your Life

### Simple Thing 1: Clean Your Room

- Personality and Social Psychology Bulletin Study (2009) - Participants were more likely to feel mental fatigue and depression, and possessed a higher level of the stress hormone cortisol if their home was described as cluttered or full of unfinished projects.
- 1 Corinthians 14:33 - For God is not a God of confusion but of peace...
- Quote: Jordan Peterson – “People are often trying to fix things they can't fix, which I would not recommend. Because if you try to fix something you can't fix, you'll just ruin it. You can find all sorts of undergraduates who are perfectly willing to restructure the international economic system but can't keep their room clean.”
- Quote: Jordan Peterson – “If you were coming to see me for psychotherapy, the easiest thing for us to do first would be just to get you to organize your room.”
- Song of Solomon 2:15 - Catch the foxes for us, the little foxes that spoil the vineyards, for our vineyards are in blossom.
- Practically:
  - Buy some decent shelves, containers, or closet organizers
  - Clear out old clothes and other things you haven't used in a long time (If you haven't worn it in a year, toss it)
  - Bring stuff to St. Vinnie's, Goodwill... or just toss it!

### Simple Thing 2: Take Care of Your Body

- 1 Thessalonians 5:23 - Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.
  - Body – your physical body
  - Soul – your mind, will, emotions, desires
  - Spirit – your conscience, the breath of life from God
  - What happens in one area will affect all areas
- Practically...
  - Eat Healthy – moderation
  - Drink Water – at least 8 8-oz glasses daily
  - Get Enough Sleep
    - Elijah's depression (1 Kings 18-19)
    - How Much Sleep Do You Need?
      - Adults: 7-9 hours
      - Teenagers: 8-10 hours
      - Women typically need more sleep than men
    - Many of Us Are Sleep Deprived
      - About 35% report not getting enough sleep (less than 7 hours a night)
      - 38% report unintentionally falling asleep during the day
  - Brush Your Teeth
    - 1 Corinthians 9:27 - But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.
  - Get Some Exercise
    - 1 Timothy 4:8 - ...for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

### Simple Thing 3: Be Generous

- Give in the offering
  - How Much Should You Give?
    - On the one hand...

- The NT doesn't tell us an exact amount
- How much you should give is between you and Jesus
- However...
  - Where your money is, there your heart will be also (Matthew 6:21)
  - You will put your money in what you think is important
  - The Old Testament: 10% general tithe + 10% festival tithe + 10% tithe for the poor every 3 years... + a temple tax at times + freewill offerings + firstfruits offerings
  - The New Testament talks about extravagant generosity
  - Everything you have is God's anyway, to be used for Him
    - The question is not "How much should I give?" but "Since this is all God's anyway, how much will He let me keep?"
- Recommendation: Give 10% minimum and then increase it as He leads
- Be Generous in General
- Stop Worrying about Money
- Stop Buying Stuff You Don't Need... Even If You Can Afford It
  - If you can't afford it, don't buy it.
  - If you can afford it, if you don't need it, don't automatically buy it.
  - Ezekiel 16:49 – Behold, this was the guilt of your sister Sodom: she and her daughters had pride, excess of food, and prosperous ease, but did not aid the poor and needy.
- Trust that God will Bless You
  - Luke 6:38 – ...Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.
- Quote: John Wesley – "Make all you can, save all you can, give all you can."

#### Simple Thing 4: Slow Down

- John 11: Lazarus died, but Jesus didn't rush to see him
- It's not about being lazy or lethargic but being intentional in following Jesus and not crazed in your schedule.
- Practically...
  - Leave extra time to get places, so you're not rushing there
  - Get up early, so you have time to get ready for the day
  - Learn to say no
  - Take county roads and state highways
  - Stop filling your head with so much noise. Turn off the TV, YouTube, podcasts, audiobooks, radio, etc.
  - Read a book
- Psalm 46:10 – Be still, and know that I am God...

#### Simple Thing 5: Set Aside Daily Time with God

- Isn't it the height of pride to ignore the God you know you desperately need?
- Practically...
  - I suggest you set aside time every morning to meet with God, before the day gets too busy
  - Set aside a minimum of 1 hour
  - What should you do?
    - Pray (Talk to God): ask him things, tell him how you feel, sit quietly and listen
    - Read your Bible: read through a book chapter by chapter, aim to read through the entire Bible, think and pray about what you read
    - Sing worship songs, memorize a Bible verse, pray in tongues...

- 1 Corinthians 7:35 – I say this for your own benefit, not to lay any restraint upon you, but to promote good order and to secure your undivided devotion to the Lord.