

Ten Simple Things That Will Change Your Life 2

Simple Thing 5: Set Aside Daily Time with God

- Suggestion: set aside time in the morning
- A tithe of your day would be 2 hours 24 minutes
- I recommend minimum of 1 hour

Simple Thing 6: Smile

- Psalm 103:1-5– 1 Bless the Lord, O my soul, and all that is within me, bless his holy name! 2 Bless the Lord, O my soul, and forget not all his benefits, 3 who forgives all your iniquity, who heals all your diseases, 4 who redeems your life from the pit, who crowns you with steadfast love and mercy, 5 who satisfies you with good so that your youth is renewed like the eagle's.
- 1 Thessalonians 5:16-19 - 16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you. 19 Do not quench the Spirit.
- Practically...
 - Think positive
 - Philippians 4:8 - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.
 - Smile
 - It will actually make you feel happier
 - Laugh
 - Psalm 45:7 – Even Jesus was “anointed... with the oil of gladness beyond [His] companions”
 - Proverbs 17:22 – A joyful heart is good medicine, but a crushed spirit dries up the bones.
 - Laugh at Yourself
 - Don't take yourself so seriously
 - Sing to God
 - Psalm 22:3 – Yet you are holy, enthroned on the praises of Israel.
 - Dance before God
 - Quote: Smith Wigglesworth – “I don't ever ask Smith Wigglesworth how he feels! I jump out of bed! I dance before the Lord for at least 10 to 12 minutes - high speed dancing. I jump up and down and run around my room telling God how great he is, how wonderful He is, how glad I am to be associated with Him and to be His child.”

Simple Thing 7: Just Show Up

- You don't know what God will do through, for, or despite you unless you simply show up

Simple Thing 8: Guard Your Mind

- 2 Corinthians 11:3 - But I am afraid that just as Eve was deceived by the serpent's cunning, your minds may somehow be led astray from your sincere and pure devotion to Christ.
- 2 Corinthians 10:5 - We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ

Simple Thing 9: Get Your Family in Order

- Ephesians 5:22-24 - 22 Wives, submit to your own husbands, as to the Lord. 23 For the husband is the head of the wife even as Christ is the head of the church, his body, and is himself its Savior. 24 Now as the church submits to Christ, so also wives should submit in everything to their husbands.
- Ephesians 5:25-29 - 25 Husbands, love your wives, as Christ loved the church and gave himself up for her, 26 that he might sanctify her, having cleansed her by the washing of water with the word, 27 so that he might present the church to himself in splendor, without spot or wrinkle or any such thing, that she

might be holy and without blemish. 28 In the same way husbands should love their wives as their own bodies. He who loves his wife loves himself. 29 For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church...

- Ephesians 6:1-4 – 1 Children, obey your parents in the Lord, for this is right. 2 “Honor your father and mother” (this is the first commandment with a promise), 3 “that it may go well with you and that you may live long in the land.” 4 Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.
- Psalm 127 - 1 Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. 2 It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep. 3 Behold, children are a heritage from the Lord, the fruit of the womb a reward. 4 Like arrows in the hand of a warrior are the children of one's youth. 5 Blessed is the man who fills his quiver with them! He shall not be put to shame when he speaks with his enemies in the gate.

Simple Thing 10: Stop It

- I don't know what your “it” is that you need to stop, but whatever it is... Just stop it.