

Week 1– Daily Prayer Journal

For each day this week, begin the day with the simple prayer provided. At the end of the day, write one thought about your prayer before sleeping.

MONDAY

Today Dear God, help me know I cannot bring simplicity to my life without removing some of the things that have been cluttering my world, and pushing you out. Help me to identify those things which are stealing my time and give me the courage to stop doing them. Amen

TUESDAY

Today Dear God, help me find the **CLARITY** that will assist in bringing more simplicity to my life. Protect me from the desire to avoid change, even when I know the change would be good. Help me understand my fears today. Amen.



WEDNESDAY

Today Dear God, help me to accept my responsibility for the **MOVEMENT** I will make towards simplicity. Help me to see that I am my own worst enemy in change and that unless I identify and remove the barriers toward success in simplicity, I will not make any positive changes and grow. Amen

THURSDAY

Today Dear God, show me where my life lacks **ALIGNMENT** and give me the strength and courage to challenge myself to reorient myself around only those things at will move me toward a Mission that glorifies and honors YOU. Amen



FRIDAY

Today Dear God, give me **FOCUS** on those things that will help me become a person of Simplicity. Help me to realize that finding time for YOU is and should be my highest priority and that starting that journey with you does not have to be laborious or difficult. Amen

SATURDAY

Today Dear God, give me strength to address these four areas, **CLARITY**, **MOVEMENT**, **ALIGNMENT**, and **FOCUS** in my **TIME**, my **RELATIONSHIPS**, my **FINANCES** and my **GOD**. Show me which of these I should devote myself to first. Amen

SUNDAY

Today Dear God, teach me to rest. To simply rest in the assurance that when YOU are ready to help me with **SIMPLICITY**, YOU will bring YOUR Spirit into my world in new and bold ways to show me the direction I need to take. Help me to listen for His coming and to respond without reserve My Loving Father. Amen

The Simple Life

a 2011 Fall

Spiritual Emphasis



*Small Group Leader &
Apprentice Leader &
Coach Daily Devotional*

WEEK 1

Galatians 5:14

“For the entire law is fulfilled in keeping this one command: ‘Love your neighbor as yourself.’”

*"Our life is frittered
away by detail...
Simplify, simplify."
Henry Thoreau*

*"To find the universal elements enough; to find the air and the water
exhilarating; to be refreshed by a morning walk or an evening saunter... to be
thrilled by the stars at night; to be elated over a bird's nest or a wildflower in
spring - these are some of the rewards of the simple life."
John Burroughs*

Monday through Sunday, focus on this central thought and allow God to use the entire week to provoke your thinking on your life and **SIMPLICITY**.

Edward de Bono in his book entitled, *Simplicity*, writes, *"Once Simplicity is set as a key value we can make improvements in that direction. People find thinking to be difficult because civilization has never made any attempt to make thinking simpler. Outside technical areas, perception is far more important than logic. But we have persisted in focusing on logic."*

What do you think about this idea. Are you more logical or creative and open in your thought processes? How will this either contribute to or detract from simplicity?

Edward de Bono in his book entitled, *Simplicity*, writes, *"The human brain tries its hardest to simplify life by setting up routine patterns of perception and of action. Once you identify the pattern you flow along it without further effort."*

Would you say you are a routine person? A person who lives much of their life honoring routines you have established? How would you say this affects your capacity for simplicity?

"Simplicity means EASY, not LESS" – Pastor Craig

Monday and Tuesday:

Ask yourself . . . "Have I done the personal preparation necessary to guide my group on to the life-changing path of simplicity?"

Take an inventory as well as a time of reflection to consider the areas of your life that God would have you change with His help and power.

Wednesday and Thursday:

Count the cost that will be required to make simple life changes in your own experience and those of your family. Consider the extraneous activities and habits that may need to be replaced or removed in order to achieve God's goal for you.



Friday and Saturday:

Find a way to share with at least one person each day about your conviction about the Simple Life. Ask for advice and help from others that you trust. Take a step or two toward your goal and check the results.

Sunday:

After a period of reflection, draw some conclusions about what has worked, and what hasn't, and why. Be prepared to share your struggles with your group this week.

Galatians 5:14

"For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'"