

Week 8 – 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 8

Galatians 5:14

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

"Not everything that is faced can be changed. But nothing can be changed until it is faced."

James Baldwin

*That "change makes us uncomfortable" is now one of the most widely promoted, widely accepted, and under-considered half-truths around....It is not change by itself that makes us uncomfortable; it is not even change that involves taking on something very difficult. Rather, it is change that leaves us feeling defenseless before the dangers we "know" to be present that causes us anxiety. (from *Immunity to Change*) - Robert Kegan and Lisa Laskow Lahey*

Freedom from anxiety is characterized by three inner attitudes. If what we have we receive as a gift, and if what we have is to be cared for by God, and if what we have is available to others, then we will possess freedom from anxiety. This is the inward reality of simplicity. However, if what we have we believe we have gotten, and if what we have we believe we must hold onto, and if what we have is not available to others, then we will live in anxiety. Such persons will never know simplicity regardless of the outward contortions they may put themselves through in order to live "the simple life".

Richard Foster – The Celebration of Discipline

1. Foster says, everything you have was given to you as a gift. You did not earn any of it. It is all a result of God's benevolence to you, because of His great love for you. Do you accept this truth? How could someone watching you know this?
2. Foster says, those things that belong to God, (this includes everything that you possess), is cared for by God, and therefore should never become for us a point of worry or anxiety. Do you accept this truth? How could someone watching you know this?
3. Foster says, those things that God has given to you, (this includes everything you have), must be available to others in God's family. Do you accept this truth? How could someone watching you know this?

Monday and Tuesday

Ask yourself, do I truly believe that what I have was given to me as a gift from God or do I somehow take credit for those things I have, both intrinsic and extrinsic? For these two days, simply contemplate the extent to which you embrace this truth.

Wednesday and Thursday

Ask yourself, do I truly believe that what you have GOD will take care of, or do you believe they are your responsibility? For these two days, simply contemplate the extent to which you embrace this truth.



Friday and Saturday

Ask yourself, do I truly believe that what I have is available to others? Or do you find that you take possession of your things and become guarded and protective of these things, resenting the need to share and release them for their use by others? For these two days, simply contemplate the extent to which you embrace this truth.

Sunday

After a full week of contemplation where are you?

- 1 – I have to embrace my poverty and realize all I have is a gift from the Holy.
- 2 – I have to stop fretting and trying so hard to hold onto what I have.
- 3 – I need to stop guarding my things as though I must protect them from others.

Galatians 5:14

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