

**HOW TO SIMPLIFY
FROM BURNOUT TO BALANCE – PART 8
MAY 22, 2016**

**When you simplify your life with Jesus... He starts by
revolutionizing your life from the INSIDE out.**

JESUS HAS SHOWN THAT YOU SHOULD...

1. Simplify the way you SPEAK.

- **The way you speak to PEOPLE.**

Matthew 5:37 (NIV) *“All you need to say is simply ‘Yes’ or ‘No’; anything beyond this comes from the evil one.”*

- **The way you speak to GOD.**

Matthew 6:6 (MSG) *“Here’s what I want you to do: Find a quiet, secluded place so you won’t be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.”*

Luke 18:10-14 (NIV) *“Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ The Pharisee stood by himself and prayed: ‘God, I thank You that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. ¹² I fast twice a week and give a tenth of all I get.’ ¹³ “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ ¹⁴ I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”*

2. Simplify the way you ACT.

Matthew 7:12 (NIV) *“So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.”*

TREAT others the way you want to be TREATED.

Matthew 23:11-12 (MSG) *“Do you want to stand out? Then step down. Be a servant. If you puff yourself up, you’ll get the wind knocked out of you. But if you’re content to simply be yourself, your life will count for plenty.”*

3. Simplify the way you LIVE.

It is important to DISCONNECT.

Mark 6:31 (NIV) *“Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, ‘Come with Me by yourselves to a quiet place and get some rest.’”*

Philippians 4:8 (NIV) *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

It’s amazing what a few minutes a day with GOD...

by YOURSELF... in a QUIET place can do.

4. Simplify the way you BELIEVE.

Matthew 18:1-4 (NIV) *“At that time the disciples came to Jesus and asked, ‘Who, then, is the greatest in the kingdom of heaven?’² He called a little child to Him, and placed the child among them.³ And He said: ‘Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.⁴ Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven.’”*

Become like a little child and trust God COMPLETELY.

Romans 3:22 (NLT) *“We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.”*

Mark 5:36 (NIV) *“Overhearing what they said, Jesus told him, ‘Don’t be afraid; just believe.’”*