



Five Steps to an Uncluttered Soul

How's your schedule? In his book *Simplify*, Bill Hybels asks, "What would my schedule look like if God were in charge of it?" Perhaps your answer would include more quality time with those you love, less stress, or less media. God designed humans for a healthy rhythm of work and rest, but a lack of balance can steal our joy and clutter our souls. The good news is, there is a way out:

1. Streamline your schedule. Before making a decision, remember that every time you say yes to something, you're saying no to something else. This practice will help you see more clearly what (and who) deserves your time, and ultimately what doesn't.

2. Spend wisely. Money is tightly connected to our sense of security and can weigh on our souls. But if we acknowledge that all we have comes from God, this truth will begin to adjust the way we see and invest what God has given us.

3. Strengthen your relationships. The book of Proverbs is full of wisdom, but there are three particularly strong themes in the text: trust God, care for others, and live as a person

of peace. If we fashion our lives around these themes, it will begin to simplify the way we talk and act, rooting our actions and words in love.

4. Fully surrender. Psalm 119 states that the path of purity and simplicity is paved with living according to God's Word and hiding it in our hearts. Every day, we're faced with decisions of varying consequence, like how to help a hurting friend, where to buy groceries, or whether or not to take a certain job. Quieting our lives enough to hear God's voice is crucial to making wise decisions.

5. Invest in eternity. Thinking about the long term can unclutter how we live today. For instance, what kind of legacy do you want to leave? Many Christians give their time, talents, and money to bless ministries like Life Action that align with their personal values, during their lifetime and even in their will. Developing an eternal perspective can help us live intentionally now, and plan to bless lives for eternity.

Please consider including Life Action Ministries in your will.

- I would like information on leaving a significant eternal impact through donating retirement assets.
- I have already included Life Action Ministries in my will, trust, or estate plan.

Name: _____

Phone: _____ Email: _____

Go to LifeAction.org/Estate-Giving to bless your family with a God-honoring will.