

SIMPLICITY WORKSHOP

Somer Phoebus

All quotes are from Somer Phoebus unless otherwise noted.

Write down 5-10 things you enjoy >> these are the things you do when you want to have fun.

You need to be reminded to have fun. This is your permission to have fun.

The definition of fun is different for everyone.

In these heavy and hard days, make time for fun. Your whole family needs it.

Clear your head by making a list of what feels complicated.

I can't promise you that I will simplify everything you write down, but this is what your main takeaway needs to be: rekindle your affection for Jesus.

Simplification and your affection for Jesus go hand-in-hand.

Simplification starts on the inside. We are often trained to start on the outside.

When you simplify on the outside, the "joy" from it leaves quickly.

As humans, it's built in us to complicate everything.

Curiosity isn't a bad thing until your curiosity leads you to a place where you aren't trusting God.

Simplification starts on the inside: where does my affection lie?

Jesus is the Simplifier. When He is the most important thing in life, other things don't take up as much of our brain space.

We talk about priorities a lot here. But challenge yourself with where your affection is going.

Because affection is different from merely your priorities.

Your affection shapes your priorities.

How much you love Jesus matters... in every area of your life.

Your affection for Jesus cannot affect His affection for you. Jesus loves you so much that He died for you.

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Luke 10:27

1 John 4:19

John 3:16

Romans 5:8

If you struggle to love Jesus, start by reminding yourself how much Jesus loves you.

We can remind you all the time of how much Jesus loves you, but you still have to grasp that as truth for yourself.

Worship playlist Link:

<https://open.spotify.com/user/somerdawnfitness/playlist/5ZagsMBPuILWfJ04ECyTry?si=Rsev6HGst5eQWv81QOsqNg>

Reconnect with Jesus. Wake up thinking, "Today, I want to fall more in love with Jesus."

Soul: theological definition; the part of you that lives forever, where the Spirit of the Lord resides; the central most part of who you are

The way to make sure Jesus is the center of everything is to meditate on God's Word daily. It travels to the center of who you are faster than anything else.

God's Word changes the narrative of your heart and your mind.

This alone is enough to make the most of your life!

Simplification matters so that none of the other things get in the way of you doing what matters.

Your affection determines where you go.

Our affections shape our desires. And our desires are either what give us so much joy or get us in so much trouble.

How do we stop sinning? Love Jesus more than the sin.

You either believe Jesus can set you free or you don't.

James 1:13-14

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When you love Jesus most, you desire Jesus most.

Affection is more than a matter of priority.

Simplicity comes when our first affection is Jesus, and there's no way around it.

Sometimes, we aren't just talking, but we're trying to be heard.

When your affection gets simplified, less will come out of your mouth.

Practically speaking, simplification in communication will strengthen your words. Think about what's coming out of your mouth.

One of the reason why life feels so complicated is because we're listening to too many voices.

Do I listen so I can do or do I listen so I can know? Learning needs to turn into action, not just information.

If at the end of listening to someone, you feel "less than," and depending on them instead of depending on Jesus, those are not the voices you should be listening to. Listen to the voices who inspire you to love Jesus more + do more for Him.

Remove yourself from situations that make God's voice quieter.

You should help others more.

Sinking and drowning happens when we stay still.

You can know your hands are doing what they should be doing when they're helping someone else.

Simplify your to-do list so you have margin to see and meet needs.

Galatians 5:16

Walking in the Spirit simplifies the direction you're going. He opens and closes doors. He shows you which way to go.

If the motivation and the intention isn't right, de-cluttering doesn't last. It will just give you something else to keep up with.

Ask yourself: what is the end goal of consuming this information?

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Affection is more than a matter of priority. Your phone should be used to connect you to real life people more than it simply connects you to information.

People are the point. When we simplify, we get rid of stuff -- not people.

Make your home a gathering place for people, not simply a showroom for your stuff.

De-cluttering question: does this hinder my opportunity to do ministry, or does this increase my ability to do ministry?

"We don't need 50% of what we have. - Michael Scott" - SP

We have money so other people can have it. Make generosity part of your financial planning.

If your buying habit keeps you from being able to give it to others who need it, your buying may be a problem.

There's such a benefit to having less stuff. (Less laundry anyone?!)

Create a space to do work.

You don't have to have a full office to have a work space.

Don't leave a stressful house to enter a stressful car.

When it comes to your calendar, protect what really matters, don't just protect yourself. Simplify your calendar to have more margin to help others.

We have a short time here on earth. Look at your life through an eternal lens, and that lens can reframe everything. See heaven first, and that will help you see everything on earth differently.

Does this give me more opportunity to do ministry?

Does this help me love others better?

We simplify so we can have the time to do what matters.

Our affections shape our desires, and our desires determine our actions.

God has already said, "Go and do."