

## Finding Joy

High Complexity = Low Joy

High Joy = Low Complexity

Answer = Simplify

Simplified living is walking away from lesser opportunities in favor of the few  
God created us to live for

*I came so you can have real and eternal life, more and better life than you ever dreamed. **John 10:10 (Msg)***

*Come to me, all who are weary and burdened, and I will give you rest. **Matthew 11:28***

*As Jesus and His disciples were on their way, He came to a village where a woman named Martha welcomed Him into her home. Her sister Mary, sat at the Lord's feet, listening to what He taught. But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, 'Lord, doesn't it seem unfair to You that my sister just sits here while I do all the work? Tell her to come and help me.' But the Lord said to her, 'My dear Martha, you are worried and upset by all these details! There is only one thing worthy of being concerned about. Mary has discovered it, and it will not be taken away from her.' **Luke 10:38-42***

*Martha, Martha, you are worried and upset with many things.*

*Few things are needed -- really only one!*

There is a price for depletion

We have to choose FULL - it doesn't just happen

### Important Joy Questions

What does your day feel like when you are \_\_\_\_\_?

What does your life feel like when you are \_\_\_\_\_?

What fills your \_\_\_\_\_?

### Soul Fillers

## **My Personal Time**

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Life is simpler when we have only  
One agenda: God's!

## **My Personal Time with**

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*Children are a gift from God. Psalm 127:3*

## **My Personal Time**

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*It's good and proper for people to find satisfaction -- replenishment -- in their labor.*  
**Ecclesiastes 5:18**

## **My Personal Time in**

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RE - Creation (to create again and again and again)

## **My Personal Time With My**

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*The Lord is my Shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. Psalm 23:1-2*