

**Finding Joy
Part 2**

High Complexity = Low Joy
Low Complexity + High Joy
Answer: Simplify!

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

Simplifying our lives, quieting our lives and souls, means eradicating pockets of fear wherever they lurk.

What's God's plan for my state of mind?

Shalom: internal quiet; peace within and peace between me and God.

*The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace. **Numbers 6:24-26***

*Peace I leave with you; My peace I give you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. **John 14:27***

Peace Thieves:

*God has not given us a spirit of fear and timidity, but of power, love and disciplined thinking. **2 Timothy 1:7***

Overcoming Fear

He is a liar and the father of lies. John 8:44

Whenever I am focused on my fear, I
cannot see God's power and provision

Fear thrives on deceit

Reach out for the steadying hand of God
and face the thing you are afraid of

We take captive every thought and make it obedient to Christ. 2 Corinthians 10:5

I sought the Lord, and He answered me; He delivered me from all my fears. Psalm 34:4

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9

Do not be anxious about anything, but in every situation pray ... and the peace of God ... will guard your hearts and minds in Christ Jesus. Philippians 4:6-7