

## Simple Life: Simple Values

“Hurry is not just a disordered schedule. Hurry is a disordered heart.”

– John Ortberg

The simple life is not about getting **more** things done, but about getting the **right** things done. (Ephesians 5:8-17 NLT)

1. \_\_\_\_\_ **what** \_\_\_\_\_ **values.** (Ephesians 5:10 NLT)

What does God value? (Ephesians 5:9 NLT)

- God values **goodness**.
- God values **righteousness**.
- God values **truthfulness**.

2. \_\_\_\_\_ **values to shape** \_\_\_\_\_ **values.**  
(Ephesians 5:14 NLT)

The simple life is not about balance; **it's about centeredness**.

Do I have values that are centered on God? (Ephesians 5:16-17 NLT)

- Brainstorm.
- Narrow.
- Personalize.
- Repeat.
- Redirect.

Based on my values...

- What do I need to say “**yes**” to?
- What do I need to say “**no**” to?
- What do I need to say “**not now**” to?

Matthew 11:28-30 MSG “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. **Keep company with me and you'll learn to live freely and lightly.**”