

## Simple Life: Simple Values

“Being busy is an outward condition, a condition of the body...**Being hurried is an inner condition, a condition of the soul.**” – John Ortberg, *Soul Keeping*

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)

It's not so much about balance; **it's about centeredness.**

“A soul without a center **feels constantly vulnerable** to people or circumstances.” – John Ortberg

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

“We achieve inner peace when our **schedules are aligned with our values.**”  
– John Mark Comer

Do I have values that draw me closer to God?

- Brainstorm.
- Narrow.
- Personalize.

What is drawing me away from living out those values? (Ephesians 5:17 NLT)

- 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.”