



● —THE—
simple
—LIFE—

LESS STRESS, MORE JOY

Treasure • Time • Toys • TRUST

TALK : 2

TIME

Today, I receive
all of God's love for me.

Today, I open myself to the
unbounded, limitless overflowing
abundance of God's universe.

Today, I open myself to
God's blessings, healing
and miracles.

Today, I open myself to God's word
so that I become more like
Jesus every day.

Today, I proclaim that
I am God's beloved,
I am God's servant,
I am God's powerful champion.

And because I am blessed
I am blessing the world.
In Jesus' name. Amen.

I find that God made
man SIMPLE;
man's complex problems
are of his own devising.

ECCLESIASTES 7:29-JB

WHEN YOU
DISOBEY

GOD'S VOICE

YOUR LIFE GETS

Complicated.

FOLLOW

His

VOICE

STRESS



Time

Management

MULTI-

TASKING

Then, because so many people were coming and going that they (apostles) did not even have a chance to eat, Jesus said to them, "Come with me by yourselves to a quiet place and get some rest."

MARK 6:31

Their
BODIES

may have slept
but their

HEARTS

did not rest.

"Come with me
by yourselves
to a quiet place
and get some
rest."

1.

"Come With Me.."

JESUS

IS

ALL

ABOUT

Relationship.

Often, where you're going

is not as

IMPORTANT

as who is

going with you.

MANY TIMES,
YOUR

DESTINATION

IS NOT AS

IMPORTANT AS YOUR

COMPANIONS.

Real Rest
Comes From Right
Relationship

IF YOU'RE ALWAYS
STRESSED,

MY BET IS THAT
AT LEAST ONE OF YOUR
RELATIONSHIPS IS

NOT WORKING RIGHT.

PEACE

IS NOT THE

Absence

OF

WAR;

PEACE

IS THE

Presence

OF

LOVE.

FOLLOW

His

VOICE

2.

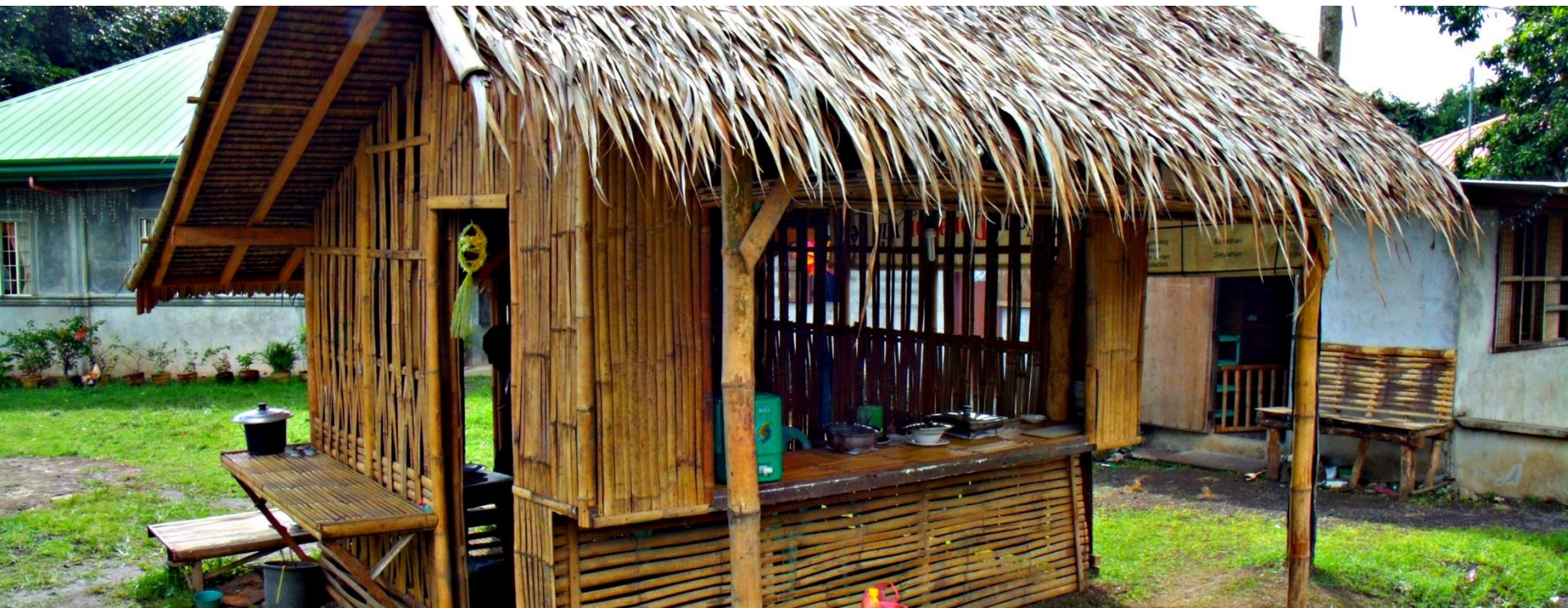
"By Yourself.."

ONE OF YOUR MOST
IMPORTANT

RELATIONSHIPS IS YOUR

RELATIONSHIP WITH

YOURSELF.



YOU

ARE YOUR

MOST IMPORTANT

COMPANY.

The most important

CONVERSATION

you'll ever have

is your conversation with

YOURSELF.

Accept
AND
Appreciate
YOURSELF.

Love

YOURSELF

THE WAY

GOD

LOVES YOU.

3.

"To A Quiet Place.."

IS
YOUR

Heart

NOISY?

"Let's get away
from the crowds
for a while
and rest."

THE
VOICE
OF
Fear.

WORRY

IS

Fear.

ANGER

IS

Fear.

GREED

IS

Fear.

SELFISHNESS

IS

Fear.

Question:

WHY

are you

ALWAYS

TIRED?

Answer:

YOU'RE TIRED

BECAUSE YOU'RE

AFRAID.

There is no fear
in love. But
perfect love drives
out fear.

1 JOHN 4:18

FOLLOW

His

VOICE.