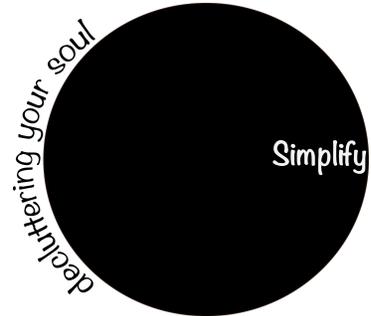


decluttering your soul

Simplify

Enter the Silence



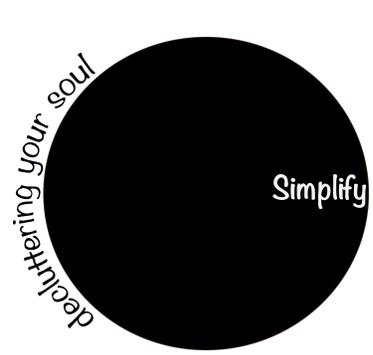
## Review

I do not understand what I do. For what I want to do I do not do, but what I hate I do. Romans 7:15

For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. vs 18

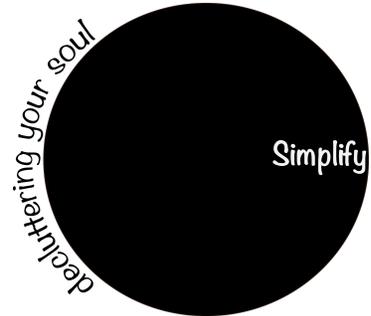
For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. vs 19

Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. vs 20



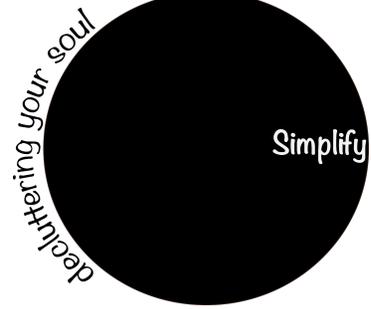
# Review

What if our decision making process isn't benign (no spiritual value) but actually a reflection of our true nature?

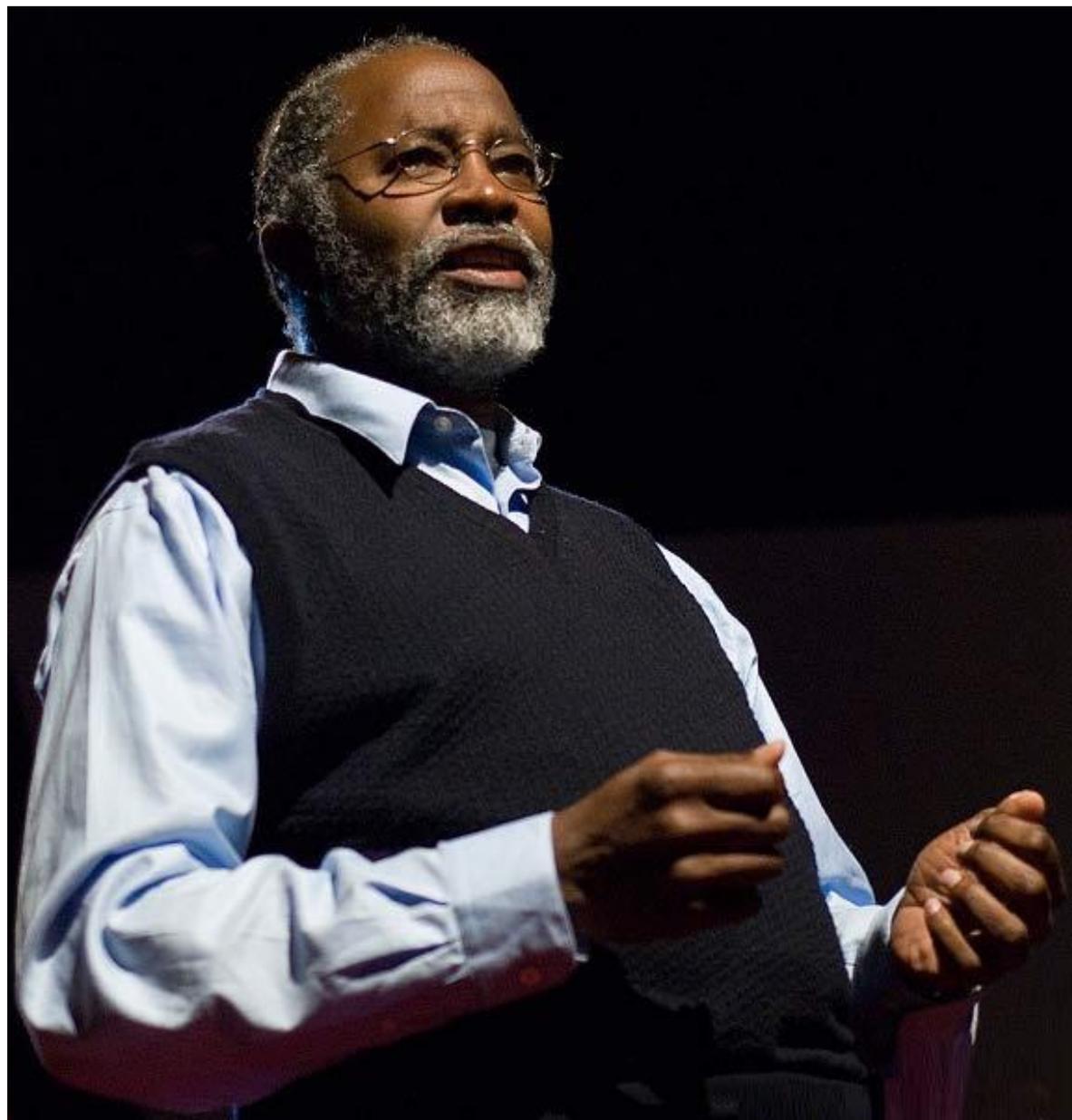


## Review

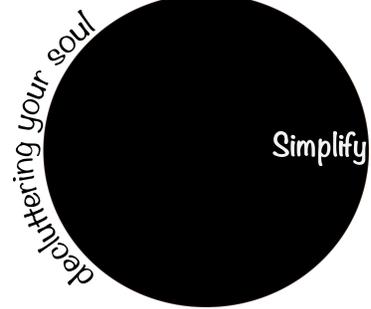
Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who **does the will of my Father** who is in heaven. **Matthew 7:21**



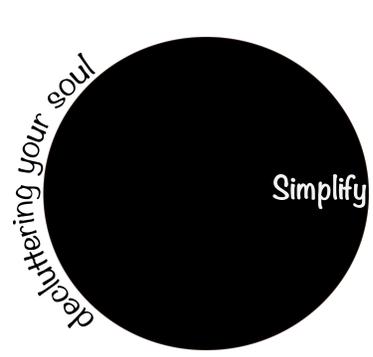
One day in 1983, John Francis stepped out on a walk. For the next 22 years, he trekked and sailed around North and South America, carrying a message of respect for the Earth -- for 17 of those years, without speaking.



John Francis  
Planet walker

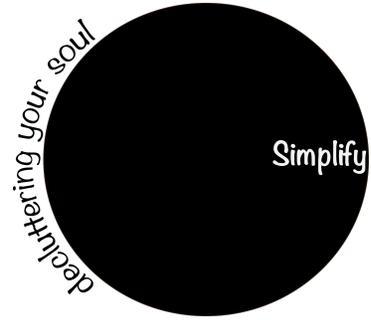


“Silence is always with us. But we do not choose silence, silence chooses us. If you are called to be silent on your journey, recognize the invitation as a great gift. It is a gift to be shared with others. Your relationship to silence is one thing that will define the uniqueness of your journey.”



# Week 1-Declutter

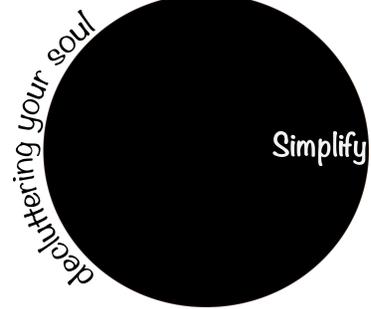
In the midst of this confusion and 'clutter' eventually we ask the question "Where is God in all this?"



## Week 1-Declutter

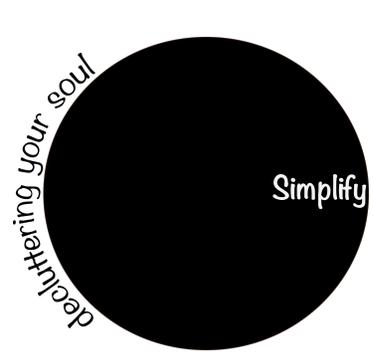
**αφλου**—Haplous: simple, single, whole, healthy

“The eye is the lamp of the body. If your eyes are **healthy (simple, focused)**, your whole body will be full of light.” **Matthew 6:22**



## Week 2-Desert

Remember how the LORD your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. Deuteronomy 8:2



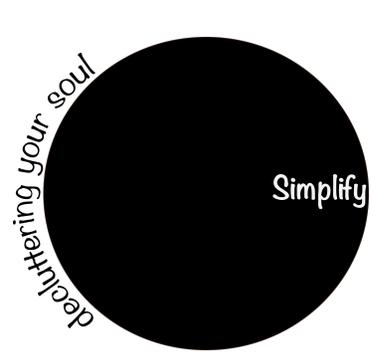
# Week 2-Desert

## The Process of the Desert

Seperation

Testing

Revelation

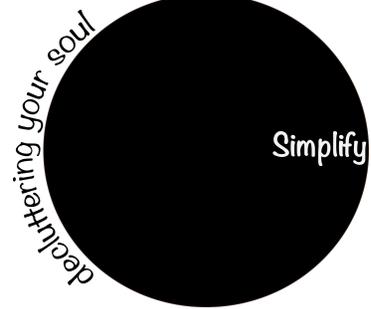


# Week 3-Deciding Jesus

Choosing ourselves over Jesus

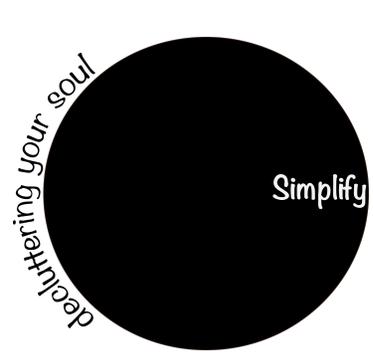
Choosing good, ignoring great

Choosing Christ Despite the Obstacles



## Week 3-Deciding Jesus

Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who **does the will of my Father** who is in heaven.  
Matthew 7:21



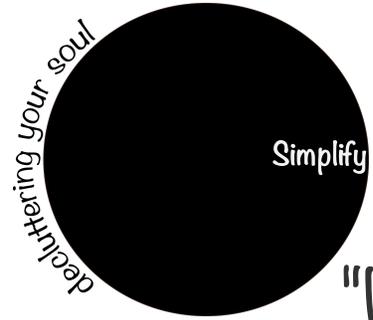
# The Road to Simplify

**Declutter**-Removing distractions from your life

**Desert**-The process of purification

**Decisions**-Wanting more from God

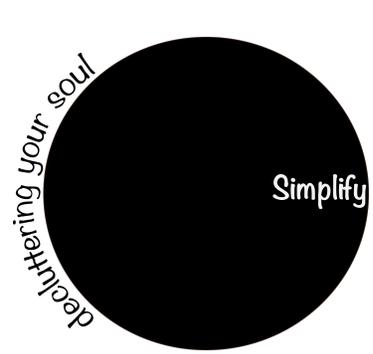
**Silence**-Listening to the voice of God



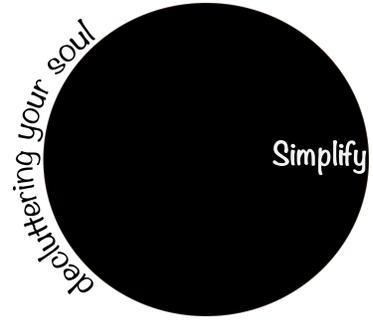
# The Science of Silence

"We saw that silence is really helping the new generated cells to differentiate into neurons and integrate into the system," Since some types of mental illness, like depression, are linked to a lack of new brain cells in the hippocampus, research into the **connections between silence and mental health** seems a logical next step.  
Imke Kirste, Duke Univ. Biologist

In a more recent study on humans, neuroscientists discovered that when our brains experience times of silence, when there is margin in our daily calendar, they actually develop the capacity for **empathy and creativity**. MRI scans demonstrated how our brains benefit in these two areas from the reduction of noise and activity.

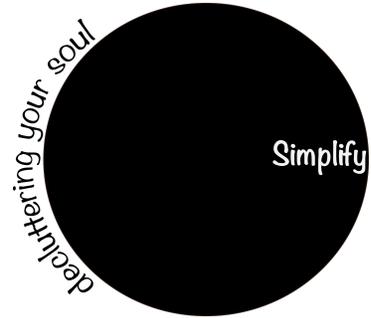


Be still, and know that I am God Psalm 46:10



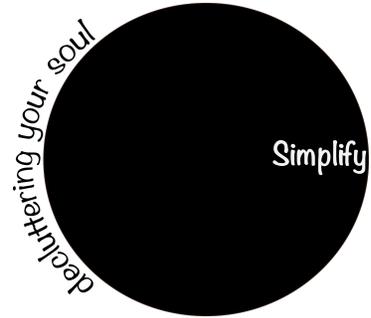
## “No Little People” Francis Schaeffer

“People today are afraid to be alone. This fear is a dominant mark of our society. Many now ceaselessly sit in the cinema or read novels about other people’s lives or watch dramas. Why? **Simply to avoid having to face their own existence....**



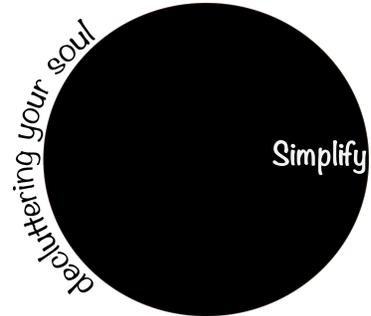
## “No Little People” Francis Schaeffer

No one seems to want (and no one can find) a place of quiet — because, when you are quiet, you have to face reality. **But many in the present generation dare not do this because on their own basis reality leads them to meaninglessness; so they fill their lives with entertainment, even if it is only noise. . . .**



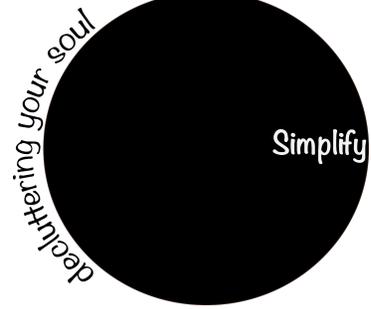
## “No Little People” Francis Schaeffer

The Christian is supposed to be very opposite: There is a place for proper entertainment, but we are not to be caught up in ceaseless motion which prevents us from ever being quiet. Rather we are to put everything second so we can be alive to the voice of God and allow it to speak to us and confront us.”



## Biblical Pattern

In building the temple, only blocks dressed at the quarry were used, and no hammer, chisel or any other iron tool was heard at the temple site while it was being built. 1 Kings 6:7

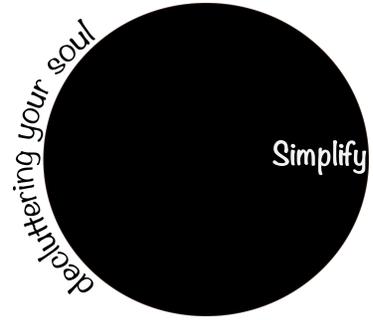


## Biblical Pattern

My heart is not proud, Lord,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.

But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.  
Israel, put your hope in the Lord  
both now and forevermore.

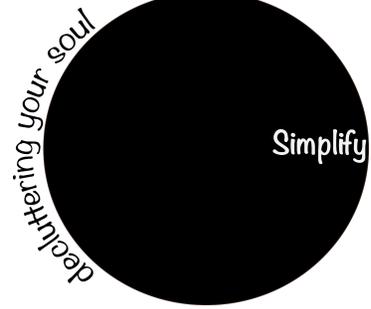
Psalm 131



## Biblical Pattern

And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

1 Kings 19:12-13

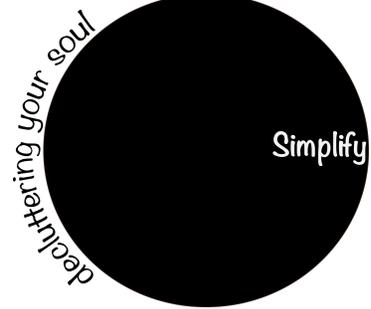


## Biblical Pattern

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Mark 1:35

After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, Matthew 14:23

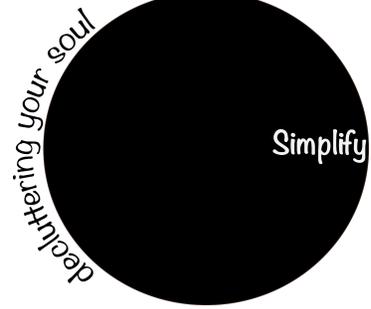
One of those days Jesus went out to a mountainside to pray, and spent the night praying to God. Luke 6:12



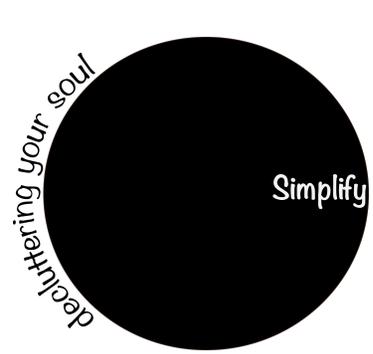
## Monastic Vow of Silence

"I said, I have resolved to keep watch over my ways that I may never sin with my tongue. I have put a guard on my mouth. I was silent and was humbled, and I refrained even from good words."

Benedictine Vow of Silence (Psalm 39)



“In the silence of the heart God speaks. If you face God in prayer and silence, God will speak to you. Then you will know that you are nothing. It is only when you realize your nothingness, your emptiness, that God can fill you with Himself. Souls of prayer are souls of great silence.” Mother Teresa



The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord. Lamentations 3:25-26