

SIMPLIFY



SIMPLIFY



The apostle Paul encourages us not to be led astray from “*the simplicity and purity of devotion to Christ*” (2 Corinthians 11:3). It’s so easy for us to allow busyness, bitterness, stress, greed and a million other things to creep into our lives and lead us away from what is most important. In Hebrews 12:1-2 we are told to get rid of the sin and everything else that hinders and to keep our eyes fixed on Jesus.

The opposite of simplicity is not complexity, it is chaos. We want to remove the chaotic hindrances and obstacles that keep us from more deeply connecting with Jesus. We are like a garden hose that as the water flows through us we are more connected. Our chaos is like a kink in the hose. We hope that this series is a five-step process in unkinking the hose of your connection to the Lord and to the meaningful relationships in your life.

Lord, help us to simplify so we can live generous lives more deeply connected to your living water.

THIS JOURNAL BELONGS TO:

IF LOST, PLEASE CONTACT:

(phone or email)

CONTENTS



SIMPLIFY + THE SABBATH

January 3 · Page 2



SIMPLIFY YOUR TIME

January 10 · Page 6



SIMPLIFY YOUR FINANCES + POSSESSIONS

January 17 · Page 10



SIMPLIFY RELATIONSHIPS

January 24 · Page 14



SIMPLIFY YOUR SOUL

January 31 · Page 18



SIMPLIFY + THE SABBATH

Matt Davis - Marriage + Family Pastor · January 3, 2016

God's design for the Simplicity of Sabbath.

- God and the Sabbath - "The Garden" (God established it).
Genesis 2:23

- Israelites and the Sabbath - "The Wilderness" (Israelites missed it).
Deuteronomy 5:12-14

- Jesus and the Sabbath - "The Temple" (Jesus reestablished it).
Mark 2:27-28

- Us and the Sabbath - "The Jungle" (We have a chance to get it).
Matthew 4: 9-10, Matthew 11:28-30

Sabbath Reflection

- **Sabbath is not dependent upon our readiness to stop.** We do not stop when we are finished. We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report that is due tomorrow. We stop because it is time to stop.
- **Sabbath requires surrender.** If we only stop when we are finished with all our work, we will never stop--because our work is never completely done. With every accomplishment there arises a new responsibility. Every swept floor invites another sweeping, every child bathed invites another bathing. When all life moves in such cycles, what is ever finished? The sun goes 'round, the moon goes 'round, the tides and seasons go 'round, people are born and die, and when are we finished? If we refuse rest until we are finished, we will never rest until we die.
- **Sabbath dissolves the artificial urgency of our days, because it liberates us from the need to be finished.**

Next Steps

1. Read about the Sabbath

Look into some of these great books available in Calvary's Corner Bookstore:

- "The Sabbath" by Abraham Joshua Heschel
- "Sabbath" by Dan Allender
- "Sabbath: Find Rest, Renewal, & Delight in Our Busy Lives" by Wayne Muller

2. SIMPLIFY in LifeGroups

All of Calvary's LifeGroups will be going through the SIMPLIFY course in January. There are groups that meet on Sundays and throughout the week, on campus and in homes. Find a LifeGroup at calvarylife.org/lifegroups.

3. SIMPLIFY on Wednesdays

Attend the SIMPLIFY course at Calvary on Wednesday nights at 7:00 pm in the Chapel. There will also be programs available for Nursery through High School each night.

"Sabbath is not dependent upon our readiness to stop.

We do not stop when we are finished.

We do not stop when we complete our phone calls, finish our project, get through this stack of messages, or get out this report that is due tomorrow.

We stop because it is time to stop.

Sabbath requires surrender.

If we only stop when we are finished with all our work, we will never stop--because our work is never completely done.

With every accomplishment there arises a new responsibility.

Every swept floor invites another sweeping,
every child bathed invites another bathing.

When all life moves in such cycles, what is ever finished?

The sun goes 'round, the moon goes 'round, the tides and
seasons go 'round, people are born and die,
and when are we finished?

If we refuse rest until we are finished, we
will never rest until we die.

**Sabbath dissolves the
artificial urgency of our days,
because it liberates us
from the need to be finished."**

-Wayne Muller,

*"Sabbath: Finding Rest, Renewal, and
Delight in Our Busy Lives"*





SIMPLIFY YOUR TIME

Eric Wakeling - Executive Pastor · January 10, 2016

Take an honest assessment.

- Put a line to mark on the bucket where you feel your energy level is right now.
- Draw another line to mark how full your time is with commitments.
- Draw a third line for “unchangeable” commitments.



How did Jesus spend his time? Mark 1:35

- He started early with the Father.
- He worked hard.
- He was intentional with different groups of people
- He was on mission.
- He observed the Sabbath for its intended purpose.

You don't manage your time, you lead your time.

Colossians 4:5; Ephesians 5:15-17

You must simplify your time to be generous and purposeful with your time.

Hebrews 12:1-2

Next Steps

1. **Prioritize your Calendar**

God does the work, but your calendar is the primary tool for helping you become who you want to become. Get out your schedule and start adding things that will help you become that person.

2. **Meditate on Scripture**

Prayerfully read Psalm 90 and journal about how God desires for you to spend your time.

3. **Attend The Master's Program**

Really dig into how to use your life for significance, not just success. There is a free briefing to find out more on Tuesday, January 26 at the Pacific Club from 7:30 - 9:00 am. Find out more and RSVP at mastersprogram.org

Journal:

What are the “big rocks” in your life? What should you commit your time to before anything else? Be specific - don't just say God and family. Get into details.

How would you spend your time if God were in charge of it? What would your schedule look like?

What do you have to say “no” to, to be able to say “yes” to the best things?

 **Discuss:** What things cause us to waste time?

What tools help you lead yourself in the area of time?

"THEREFORE, SINCE WE HAVE SO GREAT A CLOUD OF WITNESSES SURROUNDING US, LET US ALSO LAY ASIDE EVERY ENCUMBRANCE AND THE SIN WHICH SO EASILY ENTANGLES US, AND LET US RUN WITH ENDURANCE THE RACE THAT IS SET BEFORE US, FIXING OUR EYES ON JESUS, THE AUTHOR AND PERFECTER OF FAITH, WHO FOR THE JOY SET BEFORE HIM ENDURED THE CROSS, DESPISING THE SHAME, AND HAS SAT DOWN AT THE RIGHT HAND OF THE THRONE OF GOD."

HEBREWS 12:1-2



Discover Your Purpose

Next Class: Wednesday, January 27, 2016
7:00 - 8:30 pm in the Worship Center Lobby

Do you know your purpose and how to carry out God's calling in your life? In our "Discover Your Purpose" class you'll explore your unique God-given spiritual gifts through taking insightful personality tests. You'll also learn what the Bible has to say about purpose and be equipped to make a difference at Calvary, in our community and around the world.

calvarylife.org/purpose



STRONGER TOGETHER

Monday · Wednesday · Friday

5:45 - 6:30 am · South Lot

FREE fitness community built around a dynamic strength-training workout. Adults at any level of fitness are welcome.

calvarylife.org/fitness



SIMPLIFY YOUR FINANCES + POSSESSIONS

David Mitchell - Senior Pastor • January 17, 2016

Trust God. Acknowledge that God owns it all; you are borrowing from Him.

- Deuteronomy 8:18; I Chronicles 29:10-13; Matthew 6:31-33

Be Content. Do not seek to have more things, be content now.

- Ecclesiastes 5:10; Ecclesiastes 2:1-11; Philippians 4:11-13; Hebrews 13:5; Proverbs 16:8; 1 Timothy 6:7-11

Eliminate Debt.

- Deuteronomy 15:6; Proverbs 22:7; Proverbs 22:26-27; Proverbs 21:5; Proverbs 30:7-9; Proverbs 24:27; 15:22; 13:16; Luke 14:28-30

Be Generous. Give things away to the Lord's work. Aim for 10%

- Zaccheus in Luke 19:1-10; Deuteronomy 15:10; Acts 20:35; Luke 3:11; James 2:15-16; 2 Corinthians 9:6-8; Deuteronomy 16:17; Proverbs 11:24-25; 28:27

Save for future needs.

- Proverbs 6:6-8; Proverbs 15:22; 24:27; 18:2; 28:20; 21:5; Ecclesiastes 11:1-2

Next Steps

Attend upcoming Generous Living classes and workshops:

- **Dave Ramsey's Financial Peace University Class**
Wednesdays, February 10 - April 13 · 7:00 pm · W-209
- **Budget and Get Out of Debt Workshop**
Saturday, February 13 · 8:45 am - Noon · W-209
- **More than Enough Estate Planning + Getting Your Living Trust Workshop**
Saturday, February 27 · 8:45 am - Noon · Fellowship Hall
- **Planning Now For Beyond 65 Workshop**
Saturday, March 19 · 8:45 am - Noon · W-209
- **Raising Financially Freed-Up Kids Class**
Sundays in April · 8:45 - 10:00 am · Conference South (upstairs Worship Center)

For more resources and practical steps to take on how to Simplify Your Finances + Possessions, visit calvarylife.org/simplify

Journal:

What possessions or finances would you never give up if God asked for them? Do you believe He owns them all. What does 1 Chronicles 29:10-13 teach you about this?

As you evaluate your life, what do you have that you need? What do you have that you do not need? What do you want now that you do not need? How did Paul find contentment in Philippians 4:11-13? What danger do we face when we want more in Ecclesiastes 5:10?

How does debt hurt your life according to Deuteronomy 15:6; Proverbs 22:7; Proverbs 22:26-27? How has debt impacted your life? What debt do you have that can be removed in the next five years? Is there debt you are considering right now that will limit your freedom? What other options can you take other than more debt?

How much income do you have each year? What percentage of that do you give to the Lord's work? If you give less than 10%, will you trust God to give away 1% more each year to achieve 10%?

How much are you saving out of each pay check? Many suggest saving 10% each year. If that is not possible, how much can you save each pay period?

 **Discuss:** How has God already blessed your life and provided for your needs? How does that help you as you look to the future?

GENEROUS LIVING



A FINANCIAL DISCIPLESHIP MINISTRY

GRATEFUL HEARTS • GENEROUS LIVES

Generous Living is a discipleship ministry whose passion is for every believer in Jesus to experience the blessing that comes from living a balanced and generous life. Financial discipleship honors God and results in living with gratitude, godly financial decision making, financial margin, and a generous heart open to how God wants to use His blessings to bless others.

TAKE A NEXT STEP ON THE PATH TO FINANCIAL DISCIPLESHIP



Financial Peace
University Class

Budget and Get Out of
Debt Workshop

Estate Planning +
Living Trust Workshop



Raising Financially
Freed-Up Kids Class



Planning Now For
Beyond 65 Workshop

Discover more at calvarylife.org/generous



SIMPLIFY RELATIONSHIPS

Matt Doan - Reach Pastor · January 24, 2016

God wired us as relational beings because we are made in His image and by nature, God is a relational God. As we live in this broken world because of sin, relationships can get complicated quickly.

Competing visions, misunderstandings, poor communication and selfishness can take those we are closest with and bring deep and painful separation. Add to this mix, our busyness and our lack of margin, and it is no wonder relationships in our lives quickly become stressful and overwhelming.

This week, we want to look through the great New Testament Book of Matthew, to understand how our day to day relationship with Jesus, can simplify our day to day relationships with others.

Release Your Burdens - Look to Jesus as your Savior, not people.

Matthew 11:28-30

"Come to me all you who are weary and burdened and I will give you rest."
- Jesus in Matthew 11:28

Release Your Bitterness - Look to Jesus for forgiveness, so you can forgive others. Matthew 18

“Then Peter came and said to Him, ‘Lord, how often shall my brother sin against me and I forgive him? Up to seven times?’ Jesus said to him, ‘I do not say to you, up to seven times, but up to seventy times seven.’”

- Jesus in Matthew 18:21-22

Embrace Being The Beloved - Look to Jesus to understand how loved you are by God. Matthew 20

“...just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.” - Jesus in Matthew 20:28

Next Steps

1. Place your faith in Jesus as your Savior

Only Jesus can change you from the inside out, forgive you of your sin and bring peace, joy and hope to your soul. Take time today to receive Jesus Christ as the Lord and Savior of your life. Use the booklet in the chair rack in front of you, called “How to Connect with God” to guide you in prayer.

2. Join a LifeGroup here at Calvary Church

LifeGroups are designed to be small groups where you can be known and know others. You are designed to live the Christian life alone! For more info or to sign up for a LifeGroup, visit calvarylife.org/lifegroups

3. Pursue Reconciliation in Broken Relationships

Ask God to reveal to you unhealthy relationships, relationships that need more intentionality to them, and relationships that need restoration.



coupletalk

Part 1

cracking the code
to an amazing relationship

Wednesday nights in February • 7:00 pm in the Chapel
Form a deeper connection through better communication



We WILL be using a workbook for this class, which is available in Calvary's Bookstore for \$15.

Find out more at calvarylife.org/marriage



CALVARY CARE

ministries

We exist to come alongside and walk this journey of life with you by offering biblically-based, Christ-centered resources to help you grow in your faith as you face challenging seasons in your life through these ministries:

- Life Counseling Center
- Support Groups
- Celebrate Recovery
- Hope for our Marriage
- Financial Coaching
- Prayer

Calvary Care Ministries is hosting
"Compassion Without Compromise"
Saturday, February 6, 2016 in the Chapel

Come find biblical clarity in a sexually-confused world and learn how to minister lovingly to those expressing same sex attraction.
Register at calvarylife.org/compassion

To learn more or find help, contact Care Ministries at :
714.550.2334 · care@calvarylife.org · calvarylife.org/care



SIMPLIFY YOUR SOUL

Doug Brown - High School Pastor · January 31, 2016

You are a soul. Matthew 22:23-33, Acts 23:6-9

- The recognition and understanding of your soul is the first step in simplifying it.

Seek to remove what impedes your soul's ability to connect with God.

- In Matthew 23:37 the improper interpretation and execution of the Law was forcing the Pharisees to ignore their souls and “die” on the inside.

Simplify your soul.

- A simple soul is re-ordered to live out the Gospel. Hebrews 12:1-2

- A simple soul abides in the Lord. John 15:5

Simplifying your soul enables you to live a life of generosity in all things, which was modeled to us by Jesus.

Next Steps

1. Learn More about the Soul

For a more thorough understanding of the soul read J.P. Moreland's *The Soul*. For more on how to tend to your soul read *Soul Keeping* by John Ortberg.

2. Practice the Prayer of Recollection

To begin practicing and preparing your soul to meet with God in truth read and practice the Prayer of Recollection hand out by John Coe. There is a free copy for you in the bookstore.

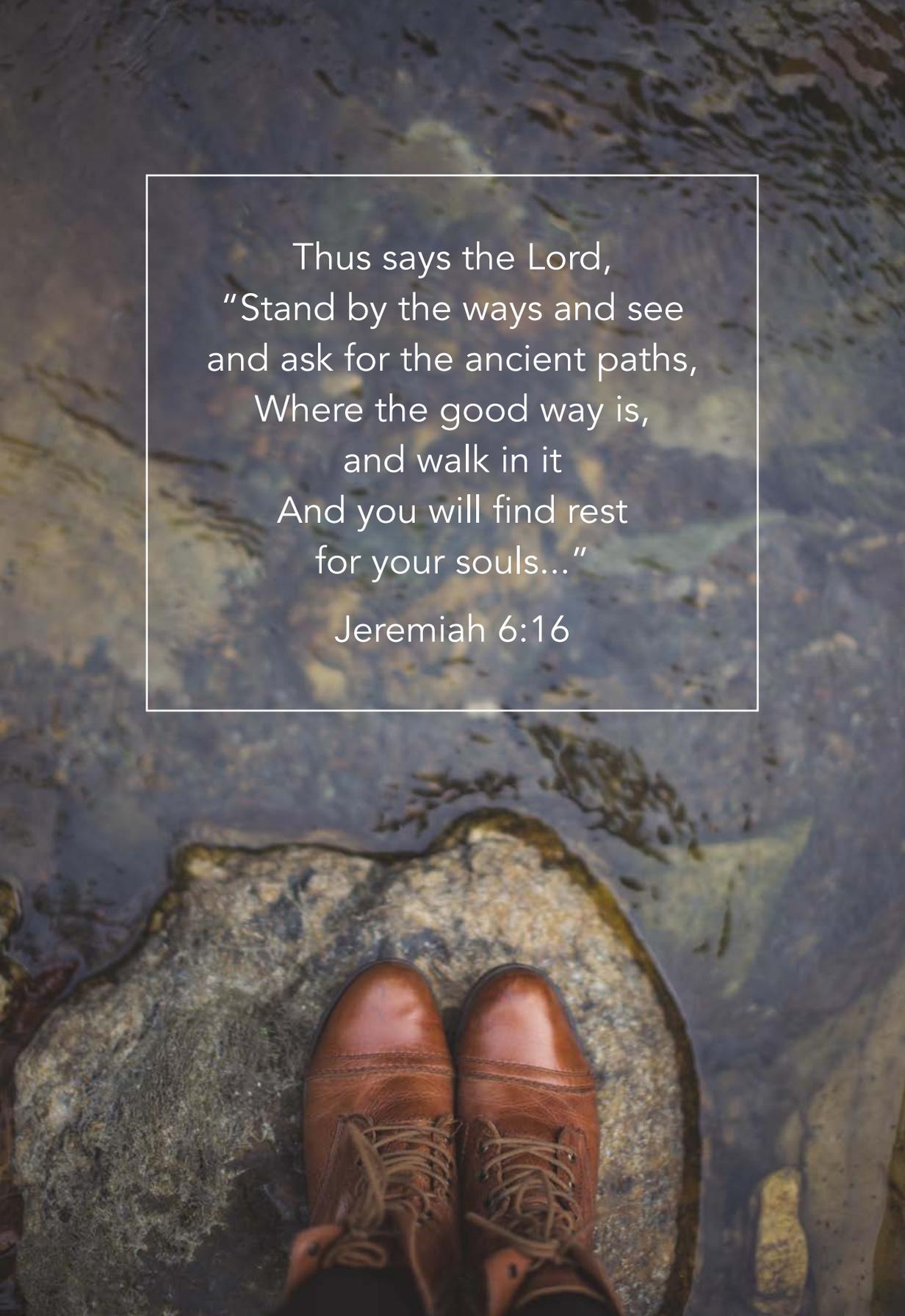
 **Journal:**

How has your experience of simplifying been over the past four weeks? Have you tried to simplify in each of these areas? Take some time to journal about the area in which you have or had the hardest time simplifying throughout this series?

 **Discuss:** Out of the topics from the last 4 weeks, which one is the hardest for you to simplify? How do you think that affects your ability to tend to your soul?

My SIMPLIFY Prayer

Write a prayer of commitment to simplify and better follow Jesus.

A pair of brown leather boots with laces is positioned on a large, flat rock in the middle of a stream. The water is dark and rippling, reflecting the light. The boots are the central focus, with the rock and water surrounding them. The overall scene is serene and contemplative.

Thus says the Lord,
"Stand by the ways and see
and ask for the ancient paths,
Where the good way is,
and walk in it
And you will find rest
for your souls..."

Jeremiah 6:16

Discover more at
CALVARYLIFE.ORG/SIMPLIFY



1010 N. Tustin Ave · Santa Ana, CA 92705
714.973.4800 · www.calvarylife.org