

LIFE on the RUN

Say YES to
LESS

dis·in·te·grate [diss íntə gràyt]

Lose wholeness: to destroy the cohesion, unity, or wholeness of something, or undergo such destruction

hy·poc·ri·sy [hi pókrəssee]

Feigned high principles: the false claim to or pretense of having admirable principles, beliefs, or feelings

The inside out and the outside in

Be perfect, therefore, as your heavenly Father is perfect.

Matthew 5:48

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what make a man 'unclean;

Matthew 15:19-20a

"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also."

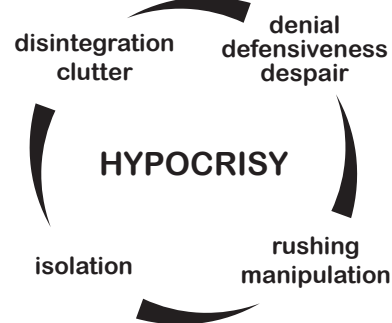
Matthew 6:19-21

OUTSIDE



INSIDE

OUTSIDE



INSIDE

The wisdom of balance

And I saw that all labor and all achievement spring from man's envy of his neighbor. This too is meaningless, a chasing after the wind. ⁵ The fool folds his hands and ruins himself. ⁶ Better one handful with tranquility than two handfuls with toil and chasing after the wind. *Ecclesiastes 4:4-6*

Slowing down

"Martha, Martha," the Lord answered, "you are worried and upset about many things, ⁴² but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her." *Luke 10:41-42*

EXAMINE YOUR VALUES

MAKE VALUE-BASED COMMITMENTS

PRIORITIZE PRIMARY COMMITMENTS

MINIMIZE TIME THIEVES

- Takers that don't give back
- Passion stealers
- Frantic focus
- Online addictions

BE WHERE YOU ARE & HANG OUT THERE FOR A WHILE

MAKE FEWER COMMITMENTS

Say NO to everything else

"Again, you have heard that it was said to the people long ago, 'Do not break your oath, but keep the oaths you have made to the Lord.' ³⁴ But I tell you, Do not swear at all... ³⁷ Simply let your 'Yes' be 'Yes,' and your 'No,' 'No'; anything beyond this comes from the evil one." *Matthew 5:33-34a; 37*

Put everything on the table

Jesus answered, "If you want to be perfect, then go and sell your possessions and give the money to the poor. If you do this, you will have treasure in heaven. Then come and follow me." ²² But when the young man heard this, he left sorrowfully, because he was rich. ²³ Then Jesus said to his followers, "I tell you the truth, it will be hard for a rich person to enter the kingdom of heaven. ²⁴ Yes, I tell you that it is easier for a camel to go through the eye of a needle than for a rich person to enter the kingdom of God."

Matthew 19:21-24 (ESV)

Next Steps

Recommended Reading (available at the JW bookstore)

Choosing to Cheat -- Andy Stanley

Margin -- Richard A. Swenson

Simple Life -- Thom S. Rainer & Art Rainer

The Principle of the Path -- Andy Stanley

Boundaries -- Henry Cloud & John Townsend

The Good & Beautiful God -- James Bryan Smith

January 22/23, 2011