



Guarding Your Rhythms

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The problem

- Pressure to **PERFORM** and **PROGRESS** have brought us to the place of **OVERLOAD**.
- That **OVERLOAD** has caused us to be **STRESSED**.
- In our **STRESS**, our lives have become horrendously **COMPLICATED** and **CHAOTIC**.

Setting a rhythm

- Don't base your rhythm on **BETTER** and **MORE**.
 - ▶ **Ecclesiastes 5:12 NLT** — People who work hard sleep well, whether they eat little or much. But the rich seldom get a good night's sleep.
- Base it on **VALUES** and **TRUTH**.

Once you've set your rhythms, they must be **GUARDED**.

1. Guard your rhythms with **CONTENTMENT**.

- Instead of pursuing happiness, pursue contentment.
- Most people are not content.
- Contentment and money
 - The poor envy the rich. The rich envy the richer.
 - Money gives a thrill, but not satisfaction.
- Contentment is a cause without a constituency, a virtue without a voice.*
- Contentment is **COMMANDED**. — **Hebrews 13:5**
- Philippians 4:11–14 NLT** — **11** Not that I was ever in need, for I have learned how to be content with whatever I have. **12** I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. **13** For I can do everything through Christ, who gives me strength. **14** Even so, you have done well to share with me in my present difficulty.
- 1 Timothy 6:6–8 NLT** — **6** Yet true godliness with contentment is itself great wealth. **7** After all, we brought nothing with us when we came into the world, and we can't take anything with us when we leave it. **8** So if we have enough food and clothing, let us be content.
- More and better are never satisfied.*
- How to be content
 - Divorce from society's standards.
 - Turn off the ads.
 - Develop counter-habits.
 - Surround yourself with people who "get it."
- God is what we NEED; things are what we USE.*

2. Guard your rhythms with SIMPLICITY.

- a. *Contentment facilitates simplicity.*
- b. To conquer the cycle of overload, stress, and complexity, we need simplicity!
- c. The simple king
 - i. Jesus modeled simplicity better than anybody.
 - ii. His simplicity wasn't accidental.
 - iii. Are we called to live like kings or like the King?
 - iv. When we put the kingdom first, simplicity inherently follows.
- d. **Simplicity is:**
 - i. Freeing
 - ii. Uncluttered
 - iii. Focused
 - iv. Disciplined
 - v. Healthy
- e. **Simplicity is NOT:**
 - i. Easy
 - ii. Legalistic
 - iii. Proud
 - iv. Impoverished
 - v. Ignorant
 - vi. Escapist
- f. **Where we should seek simplicity**
 - i. Possessions and finances
 - ii. Pace and atmosphere
 - iii. Pursuits
 - iv. Relationships
 - v. Activities

We have TOO much going on, and our rhythms are CHAOTIC and UNINTENTIONAL.

We feel strapped EMOTIONALLY and PHYSICALLY, and with both TIME and MONEY.

The solution is balance, rest, contentment, and simplicity.