



**JUST
LEAD**
WITH MARK Q



SHOW NOTES

EPISODE 44: Keep It Simple Stupid!

Everyone has that one junk drawer in their house. It's the "catch all" that keeps random cables, batteries, old phone chargers, change, and opened envelopes. Home organization experts say to tame a disorganized space or drawer, you must 1. Empty, 2. Sort, 3. Purge, and 4. Replace. Just like a junk drawer, even your life can get cluttered and random. How can we reclaim peace and simplicity in our lives, relationships, and organizations? It takes clarity, courage, and a calendar!

Don't be fooled, simple doesn't mean shallow! It just means simple. Even Jesus communicated in parables in order to connect with his audience. Simple requires work, but it is achievable. Just like a junk drawer, you have to empty, sort, purge, and replace certain areas of your life to achieve simplicity. And when there's simplicity, there's PEACE.

1. CLARITY

The writer of Hebrews challenged us to "run with perseverance the race marked out for us." (**Hebrews 12:1**) You have a unique "race" that God wants you to run. Spend some time in reflection and prayer about the life you are currently living. Then, after being with God, write down your most important values and priorities. Get clear about the "must do's" of your life. What do you want to accomplish?

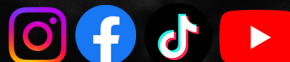
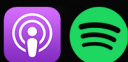
Oftentimes, clarity is affected because we are either too cluttered or we spend time **comparing ourselves** to others. Our purpose gets crowded out by looking at other people. No! **Run YOUR race.**

Organization and routines bring a level of security, peace, and comfort to us. That's one of the reasons that COVID-19 was so damaging. Our routines were interrupted, and we are still dealing with the ripple effect — the mental health epidemic as a result of the pandemic. When we get clarity around our direction, goals, and dreams, peace is the inevitable result.

2. COURAGE

"Throw off everything that hinders..." (**Hebrews 12:1**). Once you are clear about your values and the unique race you are called to run, you must have the courage to "throw off" the extra baggage that hinders you. Here's some questions to help:

- Where are you **overextended**?
- What are you spending time and energy on that's **not a core value or priority** in your life?
- What are you doing because it is an **expectation** others have put on you? **Don't "should on me!"**
- What **one step** could you take that would bring greater simplicity to your life?
- What do you sense you need to **stop doing**?
- Where do you sense there is duplicity in your life?



3. CALENDAR

Based on the values you identified in the first section of this exercise, what needs to get on your calendar that currently isn't getting much time? Is it family? Physical exercise? Time with God? Sabbath? And, what needs to be removed from your calendar because it is not helping you run the unique race that God has called you to? Get out a calendar and start making the needed adjustments.

If the changes don't land on the calendar, it's nothing but a wish list! Your calendar reflects your execution. Have you ever tracked where every hour went in your week? You might be surprised at how much time you really are wasting. If you're a spontaneous personality, consider even planning or calendaring your spontaneity!

"Simplicity means taking action to align one's exterior world with one's interior values and commitment to God." – **Mindy Caliguire**

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