

Habit #7: Simplify and Prioritize

The Behavior Change Model

STAGE

Prepare

Act

Maintain

HABIT

1. Make Time

2. Rest and Refresh

3. Engage the Bible

4. Speak with God

5. Worship and Belong

6. Care for Your Body

7. Simplify and Prioritize

8. Go the Distance



Big Idea

- **Big Idea:** Look for ways to simplify your life in order to keep your focus on the main thing.
- **This Week's Challenge:** Look for one small thing to simplify each day this week.

Key Ideas

- We tend to overcomplicate things.
- Sometimes we need to take a step back and make sure that we're focusing on what matters most.
- Make time for Jesus in the midst of busyness and distraction.
- Deal with red light and yellow light issues in your life.
- Get rid of what is slowing you down.
- Set a sustainable pace.

Your Assignment

- What can you quit?
- What can you simplify?
- Where can you refocus?