

# SIMPLIFY

SONIKA KRUGER

## SIMPLIFY

**Simplify** = being who God calls us to be and doing what He calls us to do.

## PRIORITISE

When we live our one and only life (on earth) doing things that **don't really matter**, we **sacrifice** the things that **do matter**.

## IMPORTANT THINGS

### 1. God Luke 10:38-42

Our hearts yearn for an **antidote** to all the **driven-ness and busyness** in our lives.

How important is your personal time with God to you?

## IMPORTANT THINGS

### 2. Family

We have to make every moment count.

How important is your family to you?





## IMPORTANT THINGS

### 3. Church

**Psalm 27:4 NKJV** One thing I have desired of the Lord, that will I seek: That I may dwell in the **house of the Lord all the days of my life**, to behold the beauty of the Lord and to inquire in His temple.

How important is God's house to you?

## IMPORTANT THINGS

### 4. Work

**Colossians 3:23&24 NKJV**

And **whatever you do, do it heartily**, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

Do you find purpose in your workplace?

## IMPORTANT THINGS

### 5. Recreational activities

Do you have something that you do on a regular basis that energises you?

## PRIORITISE

**Psalm 127:1&2 AMP**

Unless the Lord builds the house, they labour in vain who build it; unless the Lord keeps the city, the watchman wakes but in vain. It is vain for you to rise up early, to take rest late, to eat the bread of (anxious) toil – for He gives blessings to His beloved in sleep.

## PRIORITISE

The **kingdom of God** should come – in our **hearts**, in our **families**, in our **churches**, in our **workplace** and while we are having **fun**.

## PLAN

### Psalm 90:12 NKJV

So teach us to number our days, that we may gain a heart of wisdom.

## PLAN

**YOU** are the boss of your schedule. Learn to use your diary effectively.

Anyone can change direction in life. That is the transformative power of a schedule.

## PROTECT

Learn to say **yes** to **certain things** and **no** to **other things**.

God has given you a **race to run**, a **fight to finish**, and a **path to follow**.

## PROTECT

**You must have the courage to:**

- Say no
- Risk being misunderstood
- Be satisfied at times with pleasing only God
- Prioritise the important things
- Be self-aware enough to know your needs and capacity

## FASTING

**A few benefits:**

- It will do for you what no diet can do
- It will increase your faith
- It will bring answers and peace when life overwhelms you
- It will assist in simplifying your life

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