

Simplicity 02

Simplicity of Heart



Weston Brooks

OVERVIEW

*But I am afraid that, as the serpent deceived Eve by his craftiness, your minds will be led astray from the **simplicity** and purity of devotion to Christ.*

- 2 Corinthians 11:3

"What you center your heart on will define who you become - for better or for worse"

- John Mark Comer

For Jesus, simplicity is not primarily about getting rid of stuff or organizing your stuff better. It is about making God the center of your life. And when God is the center, stuff is less important and you will naturally want to remove anything that hinders or distracts you from what matters most.

Before you can say "no" to something, first you have to figure out what you want to say "yes" to. This week's practice is designed to help you start identifying what is most important to you. And while we likely share some common values as followers of Jesus, we are also each unique in our personalities, gifting and callings.

This week's practice is courtesy of LeighAnn Ricci, a member of our church family and a Life Coach. If you are interested in exploring this practice further and receiving additional coaching to help you clarify your values/goals and identify strategies to better align your life with your values, you can contact LeighAnn through her website (<https://crosswindscollab.com>) or email (leighann@crosswindscollab.com).

Wheel of Values Exercise:

Having a core set of values is essential to living a fulfilling, purposeful life. They are the beliefs and pillars of your life that are most important to you, help you find your way in the dark, and give you a sense of purpose. Strengthening your awareness and commitment to your core values can help you take action that is meaningful and in alignment. Using the "wheel," graph your satisfaction for each value to identify areas you are aligned as well as areas of potential growth.

Purpose:

- To name and claim your Top 6 Core Values.
- To reflect the balance and satisfaction of your present situation.
- To identify any areas where you may not be fully living your values to your potential.

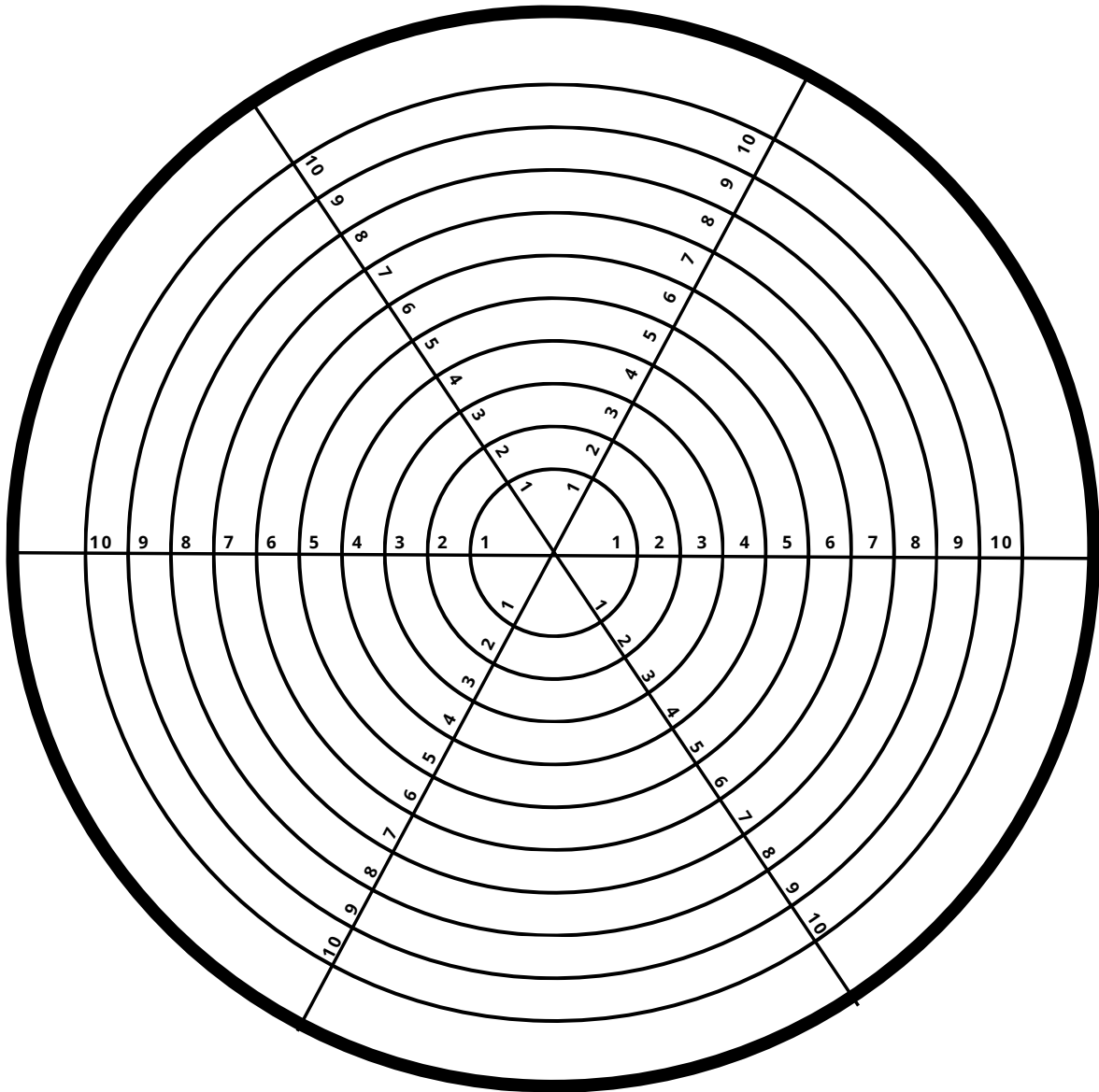
Read the list of common values below, place a checkmark next to the 15-20 words that best represent what matters most to you in your life. Take a few moments to prayerfully consider this list, then further reduce this list by circling a max of 6 Main Core Values that deeply move your heart and are most important to you *in this season*. Add your own value if it is not listed.

(Narrow down similar values to one, for example: Entertainment and Fun choose one or the other for the wheel)

Acceptance	Diversity	Guidance	Mental Health	Respect
Accomplishment	Security	Happiness	Merriment	Responsibility
Achievement	Education	Harmony	Mindfulness	Responsivity
Acquisition	Effectiveness	Health	Mobility	Rest
Adventure	Elegance	Healing	Nobility	Righteousness
Alignment	Wellbeing	Hobbies/Interests	Nutrition	Romance
Altruism	Empathy	Honesty	Obedience	Sabbath
Amusement	Encouragement	Honor	Order	Safety
Assistance	Energy	Hope	Organization	Self-Awareness
Attractiveness	Enlightenment	Hospitality	Originality	Self-Worth
Authenticity	Entertainment	Humility	Patience	Self-control
Awareness	Environment	Imagination	Peace	Serenity
Beauty	Equality	Independence	Perception	Service
Calm	Eternity	Influence	Perseverance	Simplicity
Career/Work	Ethics	Innovation	Personal Growth	Sobriety
Charity	Excellence	Indulgence	Physical Fitness	Solitude
Church	Experimentation	Inspiration	Play	Spirituality
Comfort	Expertise	Instruction	Positivity	Stability
Community	Fairness	Integrity	Power	Strength
Compassion	Faith	Intelligence	Prayer	Success
Competition	Faithfulness	Inventiveness	Preparation	Superiority
Connection	Family	Investment	Presence	Teaching
Consciousness	Feeling Good	Justice	Prosperity	Tenderness
Consideration	Finance	Joy	Protection	Tranquility
Consistency	Fitness	Kindness	Provider	Trust
Contentment	Food	Knowledge	Quest	Truthfulness
Cooperation	Forgiveness	Laughter	Radiance	Understanding
Courage	Freedom	Leadership	Recognition	Victory
Creativity	Friendship	Learning	Relatedness	Vision
Dependability	Fun	Love	Relationships	Wealth
Dignity	Generosity	Loyalty	Reliability	Wholeness
Discovery	Gratitude	Mastery	Religion	
			Resourcefulness	

Wheel of Values Exercise:

Arrange the 6 Main Core Values on the outer ring of the wheel, one value per section. For each value, ask yourself: "How well am I honoring this value in my life today on a scale of 1-10?" Plot your score on the corresponding ring of each section. 10 is highly satisfied, and 1 is little to no satisfaction. After all values have been charted, connect the dots to further visualize how you are balancing and achieving your core values.



What core value(s) am I most satisfied with: 😊 _____

Describe how it feels to live into this core value:

Further discovery

What core value(s) would I like to be more balanced with: _____

List 1-3 supportive actions of this value:

List 1-3 actions that take away from my ability to live in to this value:

Give an example of a time when you were fully living in to this value:

What are the early warning signs you are living OUTSIDE this value? _____

What does it feel like when you are living IN this value? _____

Who is someone you can share your values with to help you stay accountable? _____

Will you ask this person to help you be accountable? **YES** **NO** When? _____

What does support from this person look like? _____

Using the list of supportive actions above, when can you start putting these into place: _____

Explain: _____

YOUR ACTUAL LIFESTYLE VALUES

You have identified the core values you want to live by. Now take a little time to examine your current lifestyle and the values you actually live by.

Ask someone close to you

Ask a close friend or your spouse what they would say your core values are, based on how you live. This can be a vulnerable thing to ask, so choose someone you trust to be honest and kind! Give someone you trust the *Wheels of Value Assessment* and ask them to identify what they think are your core values based on their observation of your life.

Examine your budget

Take a look at your spending in your banking app or any budgeting tool you might use, such as Mint. What does your spending tell you that you value most? Examples might be charitable giving, travel, convenience (eating out, Uber, etc.), high quality food, or something entirely different.

Examine your schedule

How we spend our time is a major indicator of what we value. Look back in your calendar or memory (or, keep track for a few days!) and consider where you are investing your time. That will point to what you are placing value on.

Compare

Now compare the values you actually live by to the values you want to live by. Which of your values are supported by your actual lifestyle? And which of your values is less supported by your actual lifestyle.

Reflection

As you review your list, spend some time in prayer before God, asking what He might add or subtract.

RESOURCES

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Abundant Simplicity

by Jan Johnson

The Freedom of Simplicity

by Richard Foster

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