



# Enchanted Part 2

**Time to Quit**

## Recap

**“If you say God is the thing you love most in life, but you spend two hours each day on social media, and five minutes reading your Bible, **you really love Instagram more than God.**”**  
**Brett and Kate McKay**

God doesn't change **what** we do,  
God changes what we **want** to do

The Disciplines are the **mechanism** for that change  
in “what” to “want”

# Recap

The supernatural is only accessed/affected by **effort**

The **power** of God is for the **work** of God



**Recap**

**Inner Disciplines**

**Prayer**

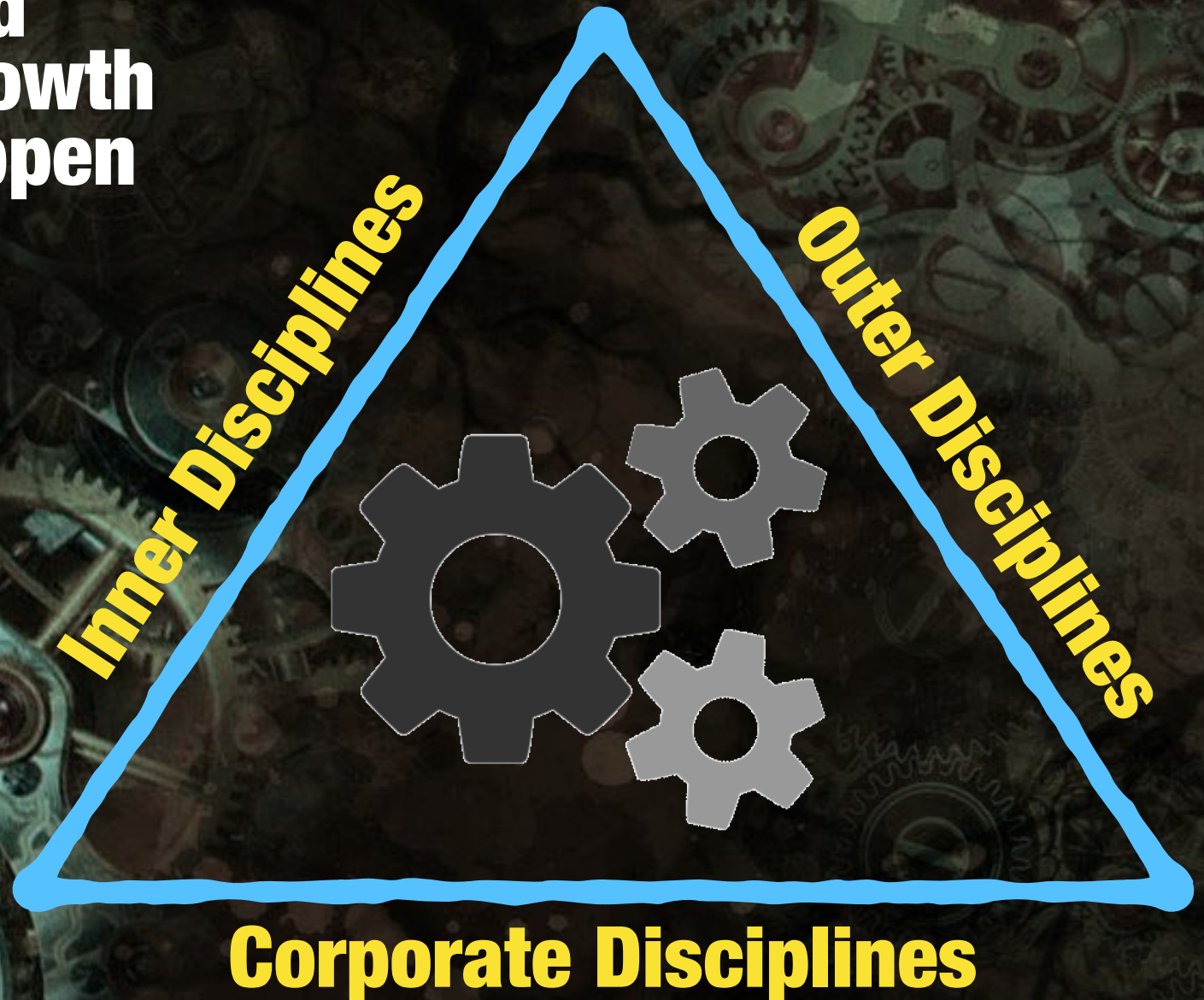
**Study**

**Silence**

**Fasting**

## Recap

**Spoiler Alert:**  
unless all three  
are engaged  
spiritual growth  
will not happen



## Recap

**Once** we, too, were foolish and disobedient. We were misled and became slaves to many lusts and pleasures. Our lives were full of evil and envy, and we hated each other. **Titus 3:3**

**BUT!!!!!!!**

When God our Saviour revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. **He generously poured out the Spirit upon us through Jesus Christ our Saviour.** Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life. **vs 4-7**

# The Counterintuitive Reason You Need To Quit More Things Earlier, Eric Barker

Everything we do in life is a **trade-off**. There was no way for [us] to say, “I want to do this” without also saying, “And I’m willing to give that up to do it.”

“Quit” doesn’t have to be the opposite of “grit.” This is where **strategic quitting** comes in. Once you’ve found something you’re passionate about, quitting secondary things can be an advantage, because it frees up time to do that number-one thing.

# The Counterintuitive Reason You Need To Quit More Things Earlier, Eric Barker

**Jim Collins, author of Good to Great, did an exhaustive study of companies that turned themselves around and went from disappointments to huge successes. What he found was that most of the big changes they made weren't about new initiatives **but about the bad things they needed to stop doing.****

**So what's the first step? **Know your number-one priority.** Then start quitting stuff that isn't as important, and see what happens. You'll learn really fast if something really is more essential than you thought.**





**I used to be afraid of failing at something that really mattered...  
Now I'm more afraid of **succeeding at things that doesn't matter.** **Bob Goff****

# **Outer Disciplines**



**Simplicity**

**Generosity**

**Serving**

**Rest**



**The inner disciplines were about creating **space** within so that we can experience God throughout the day**

**The outer disciplines then **channel** us with a renewed **focus****

# Simplicity

Once you push past simplicity as a buzz word, as a snippet of a quote, as a fist-pumping maxim, you begin to find that it really **isn't so simple after all.**

The most commonly presented and pursued pathways to the simple life thus tend to be **1)** desiring and buying fewer material goods (and purging excess possessions already purchased), and **2)** paring down one's schedule.

Simplicity is one of the more **complex** of the disciplines because it presents a quick fix solution that hides the deeper truth

# Simplicity

Paring down one's possessions and schedule are go-to ways to seek simplicity **because they are outward, accessible, concrete actions that produce fairly immediate results.** Their weakness, when practiced as their own ends, however, is that they lack a set of **overarching** criteria for how they should be carried out, as well as intrinsic motivation for following them through.

Simplicity needs a heart, and its centre must be this: having a clear **purpose.** Without a clear purpose, you lack a rubric for deciding how to spend your time (and resources).

# Simplicity

With a clear a purpose installed as the heart of simplicity, **you live a life that is unified and focused**; everything flows out of this centre, and you move steadily and directly towards your goals.

By knowing my priorities, and their order of importance, **I know which roles and tasks in my life deserve the most time and attention, and which deserve less.** I have clear criteria in making decisions about how to spend my days.

# Simplicity

But living a just and holy life requires one to be capable of an **objective and impartial evaluation of things**: to love things, that is to say, in the **right order**, so that you do not love what is not to be loved, or fail to love what is to be loved, or have a greater love for what should be loved less, or an equal love for things that should be loved less or more, or a lesser or greater love for things that should be loved equally. **Augustine**

Set your minds on things **above**, not on earthly things. For you died, and your life is now hidden with Christ in God. **Colossians 3:2-3**

# Generosity

The experience of giving from a spiritual motivation frees us from the powerful grip of “**things**” and moves us to being empowered to use all we have for higher purposes.

As with all the disciples, generosity outwardly looks like possession management, but again like simplicity it is far deeper

If you **love** only those who love you, why should you get credit for that? Even sinners love those who love them! And if you do **good** only to those who do good to you, why should you get credit?  
**Even sinners do that much! Luke 6:32-33**



# Generosity

**False humility** says I have nothing to give,  
**greed** says everything is mine and the  
**undisciplined** says, if I remember, if I am  
manipulated or if I have anything leftover

# Generosity

Remember this—a farmer who plants only a few seeds will get a **small** crop. But the one who plants generously will get a **generous** crop. **2 Corinthians 9:6**

In the same way, he will provide and increase your resources and then produce a great harvest of generosity **in you. vs 10**

As a result of your ministry, they will give glory to God. For your generosity to them and to all believers will **prove** that you are obedient to the Good News of Christ. **vs 13**

**time, talent, treasure**

## Serving

In service we engage our **goods** and **strength** in the active promotion of the good of others and the causes of God in our world. Here we recall an important distinction. Not every act that may be done as a discipline need be done as a discipline. I will often be able to serve another simply as an act of love and righteousness, without regard to how it may enhance my abilities to follow Christ ...But I may also serve another to **train** myself away from arrogance, possessiveness, envy, resentment, or covetousness. In that case, my service is undertaken as a discipline for the spiritual life.

**Dallas Willard**

# Serving

Of all the classical Spiritual Disciplines, service is the most conducive to the **growth of humility**.

When we set out on a consciously chosen course of action that accents the good of others and is, for the most part, a hidden work, a deep change occurs in our spirits. Nothing disciplines the inordinate desires of the flesh like service, and nothing transforms the desires of the flesh like serving in love.

imagine starting a religion where the pitch is "we serve everyone"

**Richard Foster**

The greatest among you must be a **servant**.  
**Matthew 23:11**

rather, he made himself nothing by taking the very nature of a **servant**, being made in human likeness. **Philippians 2:7**

## Rest

**“The number one enemy of Christian spiritual formation today is **exhaustion**” Jim Smith**

**Our lives are **cluttered** with things to do, experiences to have, chores to be done. And then we hand God the scraps (the **leftovers**) and we expect transformation to flow from that**

**I think we often fail to consider that we must choose to rest or else we're likely to have rest forced upon us when we are exhausted to the point of physical, mental, or emotional distress. **Richella Parham****

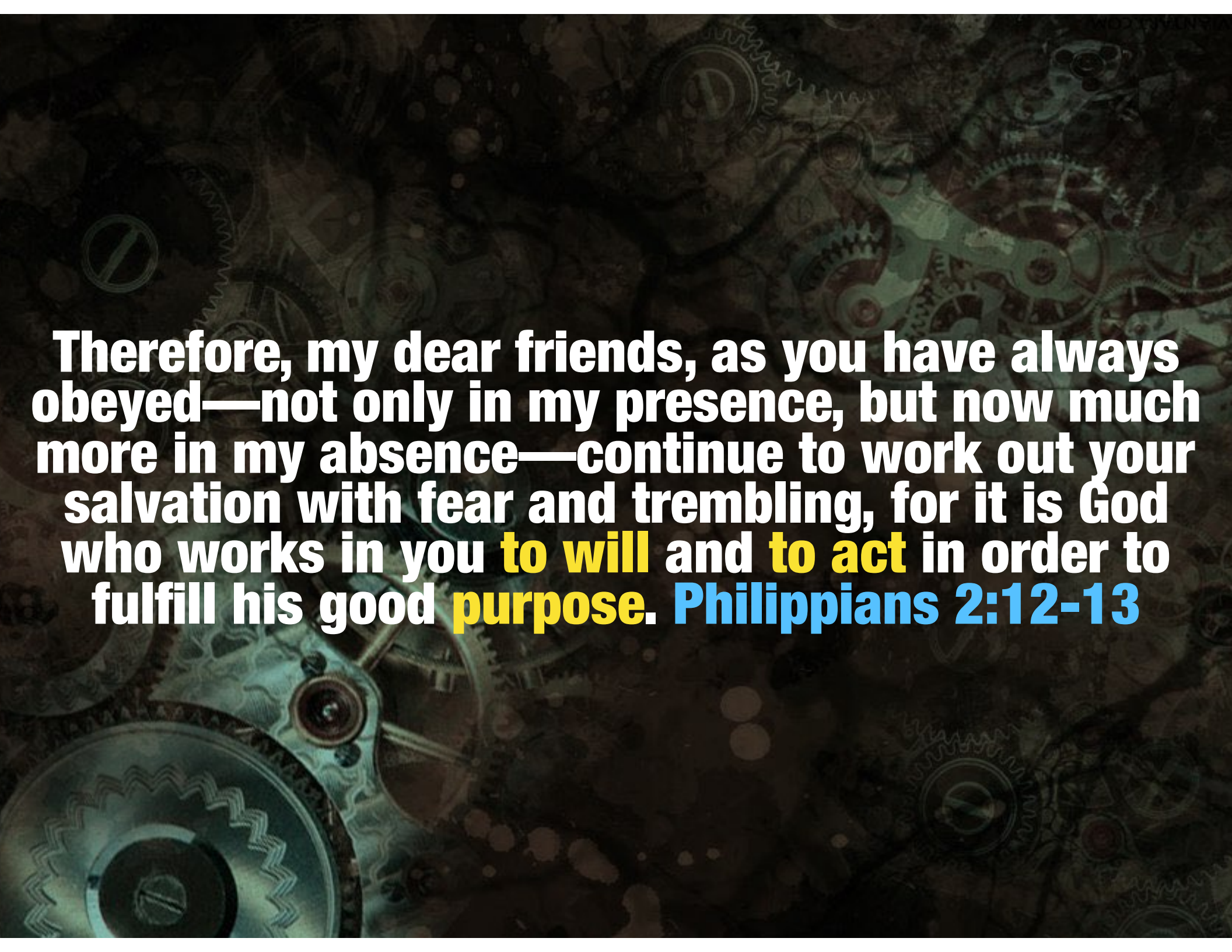
## Rest

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, **and I will give you rest.** Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.” **Matthew 11:28-30**

Rest flows from **trust** and **contentment.** Trust that we have been faithful therefore we can rest and contentment that we can rest knowing we have lived with the right priorities

**Cheap grace means the justification of sin without the justification of the sinner. Grace alone does everything, they say, and so **everything can remain as it was before.****

**Cheap grace is the preaching of forgiveness without requiring **repentance**, baptism without church **discipline**, Communion without **confession**, absolution without personal confession. Cheap grace is grace without **discipleship**, grace without the cross, grace without Jesus Christ, living and incarnate.**  
**Dietrich Bonhoeffer**



**Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you **to will** and **to act** in order to fulfill his good **purpose**. **Philippians 2:12-13****