

20 WISDOM WAYS

20 REASONS TO LIVE A SIMPLE LIFE

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A simple life is not a boring life. It is a life void of complications.

- **SIMPLICITY REDUCES STRESS:** When your life is complicated you will be overwhelmed with stress. Stress weighs on you when you are living under an **UNHEALTHY AMOUNT OF PRESSURE.**

If you want to avoid being overly stressed live a simple life. Simplicity **REMOVES THE PAIN** of living under pressure. For example, people who live debt free do not feel the financial stress of people who are drowning in debt.

- **SIMPLICITY MAKES LIFE EASIER:** Living a complicated life is hard. Living in an environment of

confusion, dysfunction and chaos makes you work harder and disturbs your emotional stability. When things are simple they are easy and when something is easy it is more **ENJOYABLE**.

Living a simple life requires **LESS** thought, **LESS** effort and **LESS** energy. For example, it is easier to manage a family than it is to manage two baby mama's.

- **SIMPLICITY IS MORE ENJOYABLE:** The game of basketball is fun to play because it is simple to understand. Watching a movie on Netflix is an enjoyable experience because it is simple to do.

If you want to live a joyful life, simplify it. Doing what is simple brings more joy because it **REMOVES** the agony of frustration. For example, it is more enjoyable to maximize your strengths than to build your weaknesses.

- **LIFE WILL MAKE SENSE:** When life becomes complicated it stops making sense. People who live

simple lives have a great understanding on how things **WORK** and **FUNCTION**. They do not disturb their mental peace with perplexed situations.

It is always easy to comprehend what is simple than what is complicated. For example, people who trust God know the purpose of their life compared to people who trust themselves trying to discover the purpose of their life.

- **SIMPLICITY REMOVES THE SPIRIT OF CONFUSION:**

People whose lives are filled with drama, trauma and dysfunction are constantly confused about what is right and wrong. The spirit of confusion blurs the lines between righteousness and wickedness. For example, people who live hypocritical lives have a hard time understanding God's truth because hypocrisy dilutes what is authentic.

- **SIMPLICITY IS GOD'S ORIGINAL PLAN FOR MAN:**

In the beginning when God created Adam, life was simple. In the garden of Eden there was no violence,

strife, chaos or negativity. God wants us to live simple lives so we can focus on Him and **IGNORE** things that do not matter. For example, people who adhere to God's plan, center their lives around His Word and not the issues of the world.

- **SIMPLICITY IS MORE PURPOSEFUL:** Simple things have a deeper meaning and carry a greater purpose. For example, spending time with love ones, praying to the Lord, operating in your gift and doing what you love will add tremendous **VALUE** and self worth to your life.
- **SIMPLICITY BRINGS HAPPINESS:** No one is happy when they have to struggle to figure things out. When relationships are **EASY** to enjoy people are happy. When jobs are easy to work people are happy.

When products are easy to buy people are happy. People become happy when they do what is simple and **AVOID** what is complicated.

- **SIMPLICITY REDUCES ANXIETY:** When things are complicated in your life your mind suffers from uneasiness and your thought pattern is under distress. Your decision making ability becomes influenced by fear. People who do what is simple **AVOID** the mental distress of worry and fear.

For example, people who rob Peter to pay Paul are under constant mental distress compared to the people who manage their finances appropriately.

- **SIMPLICITY ALLOWS YOU TO ACCOMPLISH MORE:** Keeping things simple allows you to do more in less time because you are exerting **LESS** effort, time and energy.
- **SIMPLICITY PREVENTS YOU FROM FEELING OVERWHELMED:** The feeling of being overwhelmed comes from doing things that are hard, tedious and frustrating. Simplifying your life removes the pain of feeling overwhelmed.

For example, the person who works one job and lives **WITHIN** their means will avoid feeling overwhelmed compared to an individual working two jobs **STRUGGLING** to afford a lifestyle that is out of their reach.

- **SIMPLICITY PROVIDES YOU WITH MORE ENERGY:**

When you do what is simple you will get through it **QUICKLY**. Preserving and utilizing your time wisely will provide you with more energy.

- **SIMPLICITY TEACHES YOU HOW TO UTILIZE YOUR**

TIME BETTER: When things are simple it becomes easy to utilize your time better. For example, if you download an app that helps you organize your thoughts, the simplicity of the app will transcend your life and help you **MANAGE** your professional and home life more efficiently.

- **SIMPLICITY BRINGS PEACE:** The devil is the author of confusion. Complicated things, people and situations always insight arguments, drama, trouble and dysfunction.

When you talk to people who have simple philosophies the conversations are peaceful. When you work in environments that have simple practices the atmosphere is calmer.

- **SIMPLICITY STOPS THE DEVIL FROM ENTERING YOUR LIFE:** Ephesians 4:27 says, "*Neither give place to the devil.*" The devil enters your life through the door of confusion because he is the author of confusion. If you keep things simple the devil does not have the opportunity to attain access to your life.

- **SIMPLICITY INCREASES YOUR HEALTH:** Keeping things simple increases your health because worry, stress and anxiety will **DECREASE** as you simplify your life and the things around you.

- **SIMPLICITY WILL STRECH THE LENGTH OF DAYS:**

When life is complicated the days seen shorter.

However, when things are simple the days seem longer.

When the weather is good, the sun is shining, people are laughing and good times are happening it seems like the day never ends. When there is less to think about, less to worry about, **TIME SLOWS DOWN.**

- **SIMPLICITY REDUCES PROBLEMS:** Scientist have more problems to solve than store clerks. Managers have more problems to solve than labor workers. When you simplify your life you will **REDUCE** your problems.

- **SIMPLICITY ALLOWS YOU TO FOCUS ON YOUR WANTS MORE THAN YOUR NEEDS:** When you have simple needs they are easy to fulfill. Simple needs do not take long to fulfill. Simple needs do not cost a lot of money. Simple needs do not require an enormous amount of time to fulfill. Having simple needs allows you to focus on what you **WANT** to do more often.

- **SIMPLICITY HELPS YOU REST BETTER:** Your mind is not racing with numerous things to do when you live a simple life. When your mind is **NOT** scattered and pulled in different directions it will become easier to rest and sleep better.

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