**RISE UP** in 2021

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**MAKING CHANGE**

***Less is More***



**What is the goal of this series?**

*They are to* ***do good****, to* ***be rich in good works****, to be* ***generou****s and* ***ready to share****, thus* ***storing up treasure*** *for themselves as a good foundation for the future, so that they may take hold of that which is truly life.*1 Timothy 6:18–19

Our goal is to truly **live** a **rich** life.

Four changes in the way we **think** and **live**:

* Less is **More**
* Stress is **Bad**
* Giving is **Good**
* Tomorrow **Matters**

Living a ***Less is More*** life

*Better is a handful of quietness (tranquility) than two hands full of toil and a striving after wind.* Ecclesiastes 4:6

**Answer these three questions:**

* Would you rather be rich or poor?
* Would you rather be hungry or full?
* Going to the store, would you rather walk or drive?

Two **barriers** to living a ***Less is More*** life:

1. We are overwhelmed with **choices**.

Quotes from the book by Barry Schwartz, ***The Paradox of Choice***: ***Why More Is Less***

*Learning to choose is hard. Learning to choose well is harder. And learning to choose well in a world of unlimited possibilities is harder still, perhaps too hard. …*

*Unfortunately, the proliferation of choice in our lives robs us of the opportunity to decide for ourselves just how important any given decision is. …*

*On the other hand, the fact that some choice is good doesn’t necessarily mean that more choice is better. …*

*… choose less and feel better. …*

A culture of **overabundance** robs us of **satisfaction**.

*The alternative to maximizing is to* ***be a satisficer****. To satisfice is to settle for something that is good enough and not worry about the possibility that there might be something better.* Barry Schwartz, *The Paradox of Choice: Why More Is Less*

**Satisficing** is a decision-making strategy or cognitive heuristic that entails searching through the available alternatives until an acceptability threshold is met. The term satisficing, a portmanteau of satisfy and suffice, was introduced by Herbert A. Simon in 1956, although the concept was first posited in his 1947 book *Administrative Behavior*. Simon used satisficing to explain the behavior of decision makers under circumstances in which an optimal solution cannot be determined.

2. We have too little **margin** in our lives.

***Margin*** *is the space between our* ***load*** *and our* ***limits*** *and is related to our* ***reserves*** *and* ***resilience****. It is a buffer, a leeway, a gap; the place we go to heal, to relate, to reflect, to recharge our batteries, to focus on the things that matter most.* … *It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating.* Richard Swenson, *Margin*

Four **benefits** of a ***Less is More*** life:

1. It reveals my **need** for God.

*Blessed are the* ***poor in spirit****, for theirs is the kingdom of heaven.* Matthew 5:3

*Better is the little that the righteous has than the abundance of many wicked. For the arms of the wicked shall be broken, but the Lord upholds the righteous.* Psalm 37:16–17

2. It leads me to put God **first** and to **trust** Him for all my needs.

*But* ***seek first the kingdom of God*** *and his righteousness, and all these things will be added to you.* Matthew 6:33

***Trust in the LORD*** *with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.* Proverbs 3:5–6

3. It develops in me a life of **contentment**.

*Not that I am speaking of being in need, for* ***I have learned in whatever situation I am to be content.*** *I know how to be brought low, and I know how to abound.* ***In any and every circumstance****, I have* ***learned the secret*** *of facing plenty and hunger, abundance and need.* ***I can do all things through him who strengthens me****.* Philippians 4:11–13

The richest people in the world are not those with the most **money** .. but those who are **content** with what they have.

*Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”* Hebrews 13:5

4. It opens my eyes to the **needs** of others.

*When Jesus heard this, he said to him, “One thing you still lack. Sell all that you have and distribute to the poor, and you will have treasure in heaven; and come, follow me.”* Luke 18:22

Less of what **does not** matter ... so I can experience **more** of what does matter.

Three **steps** to a ***Less is More*** life:

1. Cut **back**.

*“I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and* ***every branch that does bear fruit he prunes****, that it may bear more fruit.* John 15:1–2

2. Clear **out**.

*And he said to them, “Take care, and be on your guard against all covetousness, for one’s life does not consist in the abundance of his possessions.”* Luke 12:15

3. Pay **off**.

*Owe no one anything, except to love each other, for the one who loves another has fulfilled the law.* Romans 13:8

Jesus does not compromise His **ways** for my **wants**.

I am going to **change** to the ***Less is More*** life.

It begins with realizing that Jesus alone makes the change possible.

Invite Jesus to give you a heart that trusts Him for forgiveness of sin, faith to believe, hope to stay the course, love for God and others and the strength by His grace to live a ***Less is More*** life!