

## Habits of a Healthy Heart—2 When Less Is Better

**What if the stuff you have is keeping you from the life you want?**

*Then they were all encouraged, and also took food themselves. ... <sup>38</sup>So when they had eaten **enough**, they lightened the ship and threw out the wheat into the sea. Acts 27:36, 38 NKJV*

**I have enough.**

**God, give me less of what doesn't matter.  
God, give me more of what does matter.**

**God, give me less of what doesn't matter.**

*“Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. <sup>20</sup>Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. <sup>21</sup>Wherever your treasure is, there the desires of your heart will also be.” Matthew 6:19-21 NLT*

**If you want to change your habits, let God change your heart.**

*... let us strip off every weight that slows us down ... <sup>2</sup>We do this by keeping our eyes on Jesus ... Hebrews 12:1-2 NLT*

**God, give me more of what does matter.**

*Better one handful with tranquility than two handfuls with toil and chasing after the wind. Ecclesiastes 4:6 NIV*

**The most meaningful things in life are not things.**

**Because I have Jesus, I have enough.**

*... I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. <sup>13</sup>I can do all this through [Christ] who gives me strength. Philippians 4:12-13 NIV*

### TALK IT OVER

Read **Matthew 6:19-21**. What stands out to you in these verses? What does it look like to “store your treasures in heaven”?

Talk about some of the most meaningful things you have in your life. How could focusing on these things help you believe that you have enough?

Is there anything in your life that you need to get rid of in order to more fully focus on Jesus? What steps can you take this week to let go of things that don't matter?

Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: [www.go2.lc/simplify](http://www.go2.lc/simplify)