

ENCOURAGEMENT FOR *Real Life*

48. 7 Practical Ways to Uncomplicate Your Life

You are listening to episode 48 of the Encouragement for Real Life Podcast titled, 7 Practical Ways to Uncomplicate Your Life. Welcome back, friend. I'm glad you are here today. Would you describe your life is complicated? Or would you call it complex? You know, I wonder if at times we each think our lives are that way? Especially when our situations don't match what we'd like them to be. Or when life throws us a curveball. Or when problems arise, and we just don't have any answers or solutions to fix them. Yes, life can be complicated because we are each living a real life. But does it have to be so complicated? Journey with me for the next short while here as we discuss the idea of uncomplicating your life and mine in this week's episode. Let's get to it.

I ran across a quote the other day that really is the basis for this episode. It read, "Life is as simple or as complicated as we make it." --Donna Smallin

I say Donna is absolutely right.

Isn't it true how some people just seem to always have issues and complications in their lives? Maybe the "some people" is me or you? As an example, every time I talk or spend time with a certain acquaintance, I hear of a new problem she's dealing with. Seriously. Every single time. There's always a new challenge she's working through or an issue or dilemma she's facing. I feel bad for her and I pray for her, but goodness, no one else I know deals with such complications in life. No one. Or at least no one else I know of. We all have problems, and no one person's life is perfect. Maybe she's just the only one talking about them. I don't know. I'm not judging her; I'm just stating facts.

"Life is really simple, but we insist on making it complicated." --Confucius

Yet, I have another friend who is twenty years older than me. She had a life-threatening disease when she was a child which still causes her pain and discomfort today. But you'd never know it. She smiles the brightest smile, she voices the most encouraging words, and she serves God and others as if it was her job. Because that's what she does. Her life is far from perfect, and she deals with more problems than I ever know about. But that's not her focus. Living a joy-filled life is her focus, and she would never describe her life as "complicated." Because to her, it's not.

When living a joy-filled life is our focus, life becomes less complicated.

Because we don't see life through complicated eyes. We see it through joy-filled eyes. And that makes all the difference. No, life may not always be easy, but we can choose how we live it. We can choose to remain joyful no matter what's happening in life.

It may sound cliché or a cute Christianese statement (you know, those statements we Christians tend to throw around), but I fully believe we don't have to let our circumstances dictate our lives. You and I don't have to allow what's complicated to complicate our lives. We just don't.

Joyce Meyer once said, "Life is sometimes very complicated, but we can purposely learn to enjoy the simple, yet powerful beautiful things God has created."

When we focus on God and what He's blessed us with, our hearts and lives are filled with joy. The result? We will not see life as complicated but simple and blessed.

Be cheerful no matter what; pray all the time; thank God no matter what happens. This is the way God wants you who belong to Christ Jesus to live. 1 Thessalonians 5:16-18 MSG

7 Practical Ways to Uncomplicate Your Life

I like lists, so as I pondered this subject a little more, I came up with a list of 7 Practical Ways to Uncomplicate Your Life and mine and Bible verses to support them.

1 - Seek God.

Everything I do starts with seeking God, so naturally I begin this list with the same. When we seek God in uncomplicating our lives, He directs us in the ways we should go. He guides us and helps us to live more simply with less clutter and clamor. As we seek Him for His peace, His joy, His wisdom, and His discernment in the desire to live uncomplicated, He will not withhold these from us. God is faithful, and I don't believe He desires for us to live complicated lives.

Seek first God's kingdom and what God wants. Then all your other needs will be met as well. Matthew 6:33 NCV

2 - Do what's right.

Life gets incredibly complicated when we take the easy way out or when we cut corners. It doesn't pay off to forego living with integrity and intention. When we do what's right, we will never have to wonder if we've done our best. When we do what's right, we won't ever need to question our sincerity or our motives. Doing what's right is always the best thing, even when it's not popular.

And let us not get tired of doing what is right, for after a while we will reap a harvest of blessing if we don't get discouraged and give up. Galatians 6:9 TLB

3 - Find and tell truth.

It's easy to find the truth we want to believe, but it's not always so easy to find the truth that's absolute truth. And in today's world, truth can be considered fluid or changeable. When we align what we believe to be true to God's Truth, which does not change, we operate and function according to God's standards and not the world's. Living this way and telling the truth always uncomplicates life.

Don't lie to one another. You're done with that old life. Colossians 3:9 MSG

4 - Organize your space.

I don't know about you, but when I can't find something I'm looking for, life gets very complicated. It's one of my biggest pet peeves. I learned from a friend long ago that "everything has its place." Meaning everything belongs somewhere. When we organize our spaces, we designate certain places for everything to go. Certain places that make sense to us. So, when it comes time to locate something, we

know where it is. God is a God of order, and we can be people of order. This is a great way to uncomplicate your life and mine.

But all things should be done decently and in order. 1 Corinthians 14:40 ESV

5 - Spend less time with people who complicate your life.

You've likely heard it said that we become like the people we hang around. Let's face it, not everyone desires to live an uncomplicated life. Not everyone desires to make changes to make life simpler. We can't control how others live their lives, but we can control how much time we spend with those who add complications to our lives. We can love them and pray for them. But we don't have to allow them to affect the way we desire to live.

Become wise by walking with the wise; hang out with fools and watch your life fall to pieces. Proverbs 13:20 MSG

6 - Refuse to be concerned about what others think of you.

People will always have opinions of us, both good ones and bad ones. I used to be consumed about what others thought about me until I realized I can't control what others think of me. But I can control how I live my life and if I'm following God and what I believe His plans are for my life. What others think about me is between them and God, and it's something I don't need to worry about. It's something you don't need to be concerned about either. When we live our lives in obedience to God, He gets the glory and we get the growth and blessings He provides.

It is dangerous to be concerned with what others think of you, but if you trust the Lord, you are safe. Proverbs 29:25 GNT

7 - Live Grateful.

Gratefulness is the foundation for living an uncomplicated life. Because when we are grateful, our perspective remains hopeful, encouraged, and full of promise. We see life through eyes of thankfulness and not of misery. We see the blessings and not the burdens. And we embrace each day in its beauty and simplicity. Keeping what we're grateful for in the forefront of our minds throughout the day, helps us to live grateful. Then jotting down those things before going to bed cements in our minds and hearts how good life is.

I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds. Psalm 9:1 NIV

Life does not have to be so complicated.

Even when complications arise. How about you and I make it our mission to uncomplicate our lives? How about we do all we can to simplify our lives, instead? I invite you to choose one of these seven ways and see what a difference it makes in your life. I'm going to do the same.

Living complicated isn't God's best for us. So, let's live our lives a little more simply from here on out.

We're discussing this more over in the Encouragement for Real Life Community on Facebook. Come over there and join in the conversation. You'll find this space to be encouraging, hope-filled, and uplifting. The link to this group is in the show notes.

Also, if you haven't already done so, I invite you to check out my free Resources waiting for you on my site. You'll find helpful printables, lock screens, social posts, and helpful tools to keep you encouraged. Plus, if you're looking for something fun to do or a unique gift to give someone for a birthday or anniversary, in my Resources you'll find four fun scavenger hunts. I like to put them in birthday cards as a special surprise for the recipient. People love them! So, check them out. The link to these freebies are in the show notes as well.

If your heart was encouraged today, I invite you to rate this episode and review it. Subscribe to the podcast so you never miss an episode.

In closing, in John 10:10 it says Jesus came to give us an abundant life. Not a complicated life. The life He desires for us to live is simple and uncomplicated. And His Word is full of examples of how to do that. I pray the ones I shared here today encouraged you and inspired you in your own real life. His Word is the best kind of encouragement we can receive, isn't it?

Thank you for tuning in today, friend. I appreciate you. God bless you!

Julie Lefebvre