

## Some Practical Thoughts for Paying Attention to Your G.U.T.

### ONE:

There are too many things in your life. You have been spending a life time of accumulation, acquiring, storing up many things. You have to be intentional about de-cumulating, de-cluttering your life, downsizing and simplifying. All those Many Things will hold you back, weigh you down, distract and burden you. The Christian life is a journey where we seek to travel "lite." Ask God to show you the way on this. Also pay attention to what you are most unwilling to let go.

How much have/do you experience:

Weariness, unhappiness, feeling hollow . . . ?

### TWO:

Too many things and too much busyness and too much noise. You have to make space for silence and solitude, at least occasionally. When you do, you can slow down, pay attention and be with the ONE THING, really the ONE PERSON who matters the most. Desire, love, joy and service grow when we attend to them. Many things, much busyness and noise keep us from attending to God.

### THREE:

This will be a process you must "work" as time goes by. You don't get this figured out or accomplished in a day, or even a week or a month. Time to settle down for the long haul. On the other hand, don't procrastinate . . . just persevere.

### FOUR:

You are going to have to surrender some things you may not want to surrender. You are going to have to trust God for some things where you would rather go the self-sufficient route. All good things and all maturity involves letting go and letting go is hard. Surrender and trust... surrender and trust... there is no other way. So you see how important it is to desire and love God more than many other things.

### FIVE:

Have conversations with good friends about these things.

### SIX:

Reflect and pray along these lines . . .

### ON DESIRE

What do I really want?

What are my up-to-date desires?

How much do I desire God?

Read Psalm 73:25 and 40:8 . . . is this your desire?

Do you want to desire this?

Are you willing to only want for you, what God wants for you?

#### ON LOVE

What are some of the things you have loved or love right now, that are slowly killing you?

Read Deuteronomy 6:4-9.

Is loving God the most important thing in your life? Is this your greatest desire?

What keeps you from loving God with all your heart, soul, strength and mind?

#### ON SERVICE

How much of your life have you spent being a “selfish little clod of ailments, complaining that the world did not devote itself to making you happy?”

Are you willing to let go of your will and take on the will of God as your main operating principle in life?

What holds you back?