

Simplicity

A practice that minimizes distractions and maximizes a single-minded focus on the kingdom of God.

Matthew 7:33 – “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

Simplicity is an inward reality that results in an outward lifestyle. It is a way of clearing away life’s distractions so there can be a greater experience of contentment and well-being found as you live out God’s kingdom principles.

Inward reality: A deep trust that God, and the ways of his kingdom (see Matthew 5-7) are the ways to a full and abundant life.

Outward reality: Intentionally clearing away distractions. Here are some suggestions.

- Purchase things for their usefulness rather than their status. From cars to clothing to homes, buy what you need, and no more.

- Reject anything that is producing an addiction in you. Learn to distinguish between a true need and an addiction.

- Develop a habit of giving things away. If you are becoming too attached or addicted to something, consider giving it to someone who needs it.

- Learn to enjoy things without owning them.

- Obey Jesus’ instructions about plain, honest speech (Matthew 5:37). Do what you say you will do. Avoid flattery and half-truths. Resist manipulating others with your words.

- Reject anything that leads to the oppression of others.

Simplicity is a difficult practice because on one hand, it flies in the face of our consumeristic culture, and on the other hand, it can be easily corrupted by creating a subtle form of legalism in those who practice it. As such, simplicity must be bathed in God’s wisdom and grace.