

Simplicity

SIMPLY SAID

The practice of simplicity is the embrace of intentional limitations for the sake of what matters most: the love of, and from, God and others.

WHY DO WE NEED LIMITATIONS?

The temptation and lie from the enemy has been consistent: you can be like God. The temptation has currently displayed itself in the cultural confession that we do not have limits. Limits on time, identity, sexuality, commitments, love, money, possessions, etc. are not acknowledged or accepted as good. Our lack of limits can be summarized in one word that is elevated and lives in the DNA of the current moment: More. We can be convinced that happiness, joy, love, peace, etc. are all found on the other side of more. When we come to Jesus we gain the freedom of contentment, and the freedom to live in simplicity. Simplicity can be summarized as “*less but better*”.

WHAT SIMPLICITY TEACHES US ABOUT GOD AND MAN?

Simplicity teaches us that contentment and peace come more from dependence on God than it does from the possession of things. The practice does not demonize possessions or money but puts them in their right place. It also reminds us that we cannot serve two masters and exposes where we have attempted to do so. It gives us the freedom to live within our limits and to worship a God who is limitless within his own will.

HOW DO WE EMBRACE THIS PRACTICE?

Live with Less - Less stuff, less clothes, less hobbies, less commitments, less options, less things we don't need. Begin to rid of things for the sole purpose of creating more capacity for the things that matter most: God and people.

Curate Media + Phone Usage - In a world of endless streaming, scrolling, and stories, we must set limits that force curation. Example: “4 hours of media a week” or “an hour with phone turned off daily”.

Audit Yourself - Create intentional audits to reveal the truth of our current condition. Audit time, possessions, clothes, money spent, media intake, phone use, hobbies, experiences, kids sports, travel, etc. We do this for awareness of reality, and to take steps to live within our limits. We all have limited time, money, relational and emotional capacity, etc. We audit our lives to take steps towards living within our God-given limits.

Embrace God's Gifts - As we implement limitations, we open ourselves up to spend more on what matters most. We limit money spent to open ourselves to more money given. We limit relationships to dive deeper into a few people's lives. We limit media intake to spend more time around the dinner table. We limit our distractions to live within our reality.

THE DIFFICULTY OF THIS PRACTICE

Everything in and around us will tell us to not embrace these limits. The difficulty of this practice is the intentionality and patience that it requires. The heart will not change overnight, and neither will the number of our possessions, distractions, and commitments. Be patient, start somewhere, and allow God to lead you into a life counter to the world and filled with contentment through him. *“Fear not, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the heavens that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also.” (Luke 12:32-34)*