



# SPIRITUAL PRACTICES: SIMPLICITY

## A. WHAT is the Spiritual Practice of Simplicity?

- Practicing simplicity for Jesus followers is where we intentionally live with less in order to make room for what we value most...which is God.
- Simplicity is an inward reality that can be seen in an outward lifestyle where we choose to leverage our time, money, talents and possessions for what matters most. (Matthew 6:33)
- Jesus taught that it is more blessed to give than to receive (Acts 20:35), that you cannot serve God and money (Luke 16:13), and that our life doesn't consist of an abundance of possessions (Luke 12:15).

## B. WHY Should We Practice Simplicity?

1. Simplicity is life-giving! It prunes the dead branches of waste in our life, allows us to enjoy what we have and curbs the desire of always wanting more.
2. Simplicity brings balance so we don't gravitate towards either worshipping consumption or legalism.
3. Simplicity keeps us close to Jesus. We remain dependent on God's goodness and provision.

## C. Tips On HOW To Practice Solitude & Silence.

1. Only buy things for their usefulness rather than their status.
2. Never make an impulse buy.
3. When you do buy something, buy it once (invest a little more for something that will last).
4. Develop a habit of sharing and giving things away.
5. Live by a budget.
6. Tithe.
7. Learn to enjoy things without owning them.
8. Obey Jesus' instruction about plain, honest speech. (Matthew 5:37)
9. Cultivate a deep appreciation for the simpler things.

10. Shun anything that distracts you from seeking first the Kingdom of God.

**D. Additional Meditation/Contemplation Resources**

- *Celebration of Discipline* by Richard J. Foster
- *The Ruthless Elimination of Hurry* by John Mark Comer
- *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun

Questions or want to share your simplicity testimony? Email me at: [leland@monterey.church](mailto:leland@monterey.church)

*And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him. Hebrews 11:6*