

Spiritual Practice: DEACCUMULATION

Do you ever look around your home and think to yourself, *“where did all this stuff come from?”* Maybe you have watched the show Tiny House Living and it has motivated you that it is time to purge some of your stuff. Or maybe you have watched the show Hoarders and said, *“well at least I don’t have that much stuff.”* Whatever side of the fence you are on, I think most of us would agree that we have an overabundance of stuff.

Ron Sider has said:

“If the Kingdom vision of Jesus doesn’t re-shape our approach to possessions then we are not living out the kingdom vision.”

Most people, though, struggle with letting go of things. Some of us feel great attachment to everything we own. Jesus teaches in the Sermon on the Mount that as those who are choosing to re-orient our lives around Jesus, we need to determine who and what has our heart.

“Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be. Matthew 6:19-21

This week as a spiritual practice take some time to go through some of your stuff and identify 5 things that you are going to give away. This isn’t an exercise to get rid of your junk, although that can be helpful, but identify items in good shape that you know someone else would benefit from. Once you pass along these items it is not an invitation to go out and buy more things to replace those you gave away. Living as an apprentice of Jesus is learning that life in the kingdom can get crowded out by our accumulation of stuff.

You may find it difficult to watch your things go out the door. If this is the case, remind yourself that you live in the kingdom and that the things that really make you happy cannot be bought.

Adapted from James Bryan Smith.
The Good and Beautiful Life: IVP Books

