

SIMPLICITY

"The Christian discipline of simplicity is an inward reality that results in an outward lifestyle."

— Richard J. Foster

"If buying stuff hasn't made you happy, maybe getting rid of it will."

— Joshua Becker

"The central point for the discipline of simplicity is to seek the kingdom of God and the righteousness of His kingdom first, and then everything necessary will come in its proper order."

— Richard J. Foster

SYNOPSIS:

The practice of simplicity starts from within and produces an outward response. The addition of this rhythm to our daily lives helps us place our possessions and wealth inside a proper perspective. It reminds us that the hunger for status, glamour, and luxury doesn't satisfy. It also frees us to genuinely enjoy our possessions without our possessions destroying us.

GOD-GIVEN FRUIT:

When simplicity becomes a regular rhythm, some of the God-given fruit includes being set free from the love of 'stuff' and experiencing joy, balance, and freedom. Simplicity allows your identity to be rooted in God's love, not your accumulation of possessions. This rhythm also reorients our view of everything we possess and allows us to trust God in new and different ways.

EXAMPLES:

As you expand your rhythm of simplicity, consider buying items for their usefulness rather than for status. Find something you own and don't need this week and give it to someone who does. Evaluate your daily habits to see if any of them are enslaving you. Engage in a practice this week that is fulfilling without accumulating.

BASELINE SUGGESTION:

If simplicity is not a regular rhythm for you, we suggest trying the following practice for this week: Take some time to pray over your time commitments. Simplicity is more than removing physical belongings. It also promotes participating in the things you value most. Decide what is most valuable and remove the things that distract you from that.

PERSONAL QUESTIONS:

1

What is your current simplicity rhythm? What would you like to add or take away to enhance this rhythm?

2

Creating a rhythm of simplicity provides an opportunity to evaluate the state of your heart. As you have considered this rhythm, what has God revealed to you about your heart?

3

What would you need to do to create a rhythm of simplicity in your week?

4

What is your plan for practicing simplicity this week? Be as specific as possible.

Downstream

A practice that comes easily or naturally to you.

Upstream

Practices that don't come easily; a practice that seems difficult or unnatural to you.

Would simplicity be beneficial for you to pursue? Why or why not?

SMALL GROUP DISCUSSION QUESTIONS:

How has the "more is better" mentality shaped you?

Do you envy those who have more things or more opportunities than you? Explain.

How much of your identity is wrapped up in what you own and where you go? Who are you without all these acquisitions and opportunities?

What is it like for you to give away things you still want and like?

RHYTHM PLAN

What:

When:

Where: