

Simplicity

How do we find the good life?

We are told that the good life is found in accumulation. That more is better. We search for the things that will make us happy, yet happiness never comes. Or at least, it doesn't last. Searching and coming up empty can bring us to a miserable place. The way of Jesus calls us to create space—in our schedules, in our homes, in our finances—for what really matters. It calls us to life with Jesus, to abide in his goodness, and enjoy life to the full in the Kingdom of God.

1. TEACHING ON SIMPLICITY – Being Renewed:

Reading and reflecting on simplicity in the Scriptures –

- Luke 12:13-21
- Matthew 6:19-21
- Matthew 19:16-30
- 1 Timothy 6:2-19
- Galatians 5:13-25
- Philippians 4:10-13

Visit <https://practictheway.org/practices/simplicity> to listen to the following teachings to help you understand why simplicity is important and what it can do in your life. You can also find recommended reading on this practice.



1

The Propaganda of More

Is there a practice to set us free from the false promise that money and stuff can give us security and satisfaction?

2

Simplicity of Heart

Life is complex. What you center your life on will define who you become, for better or worse.

3

Simplicity of Speech

The ancient Christian practice of simplicity of speech, a disciplined attempt to talk like Jesus.

4

Simplicity of Apparel

Behind the excess, waste, and vanity of modern fashion is a biblical story in which clothing is a response to sin and shame.

5

Simplicity of Stuff

The more you get, the more you want. Many of us live in a kind of captivity to the desire for more. How do we break free?

6

Simplicity of Pleasure

Simplicity of Pleasure declutters the mind and the soul so that we can become active channels of the Holy Spirit.

7

Simplicity & Contentment

We must confront the soul ache within, take notice of why it consumes, and invite God to meet us there.



2. PRACTICE SIMPLICITY – *Being Intentional*:

Visit <https://practicingtheway.org/practices/simplicity> and click on each of these circles for more ideas and resources how to practice simplicity.

1

An Experiment in Letting Go

If we allow God's Spirit to pry open our hands we might see our first glimpses of the freedom Jesus offers.

2

Simplifying Around our Values

It is not enough to just minimize our home or schedule; we have to simplify around something.

3

Simplifying our Speech

Most of what comes out of our mouth isn't something we consciously think about, but happens automatically.

4

Simplifying our Apparel

Scripture encourages us to live and dress simply, modestly, and not in order to impress others or show off our wealth.

5

Simplifying our Stuff

It's clear that more doesn't equal better; often, more equals less: less contentment, less margin, less peace.

6

Simplifying our Pleasure

God designed us to experience joy. But we corrupt the freedom of Jesus so that it becomes a license for excess.

7

Discipline of Contentment

The way of Jesus calls us to live simply, enjoy the ordinary pleasures of life, and find deep contentment in God.

3. TAKE STEPS TO PURSUE SIMPLICITY:

- A. To grow in this practice, what is **one idea you want to experiment with this coming week/ month?** How will you do that?
- B. **Is there someone that you could connect with for mutual encouragement, learning and accountability to deepen in this practice?**¹ It might be your spouse, sibling or a close friend, someone in your life group or someone else at this workshop.

¹ This is a practical way we can fulfill our vision together at TCBC "Transforming lives through Christ-centred community"

"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching" (Hebrews 10:24-25).