

# SIMPLICITY



Simplicity is living in such a way as to be inwardly centered on Christ; this unity of focus frees us from attachments to possessions, that we are free to receive and enjoy them as gifts from God but are able to hold them loosely and release them when necessary.

***“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*** Matthew 6:33

Inner Simplicity doesn't have to do with either abundance or lack of possessions – *it's having little concern or anxiety about your possessions*, being able to trust God regardless of your possessions.

***“I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.”*** Philippians 4:12

## Attitudes of Inner Simplicity

- Living in freedom from anxiety
- Everything we have received is a gift
- What we have is to be entrusted to God
- What we have is available to others

## Simplicity Exercise

This activity is more about praying and discerning than recommending specific actions. The actions that are helpful will be different for everyone. This is about developing awareness of heart motivations, discerning what your fears and anxieties might point to, and finding out what may hinder simplicity in you. Spend time pondering and praying through these questions, and discerning what steps might be necessary for you to take to pursue simplicity.

- In times of abundance, our security can sometimes be rooted in that, causing us to hold tightly to our possessions or scramble to maintain our position or status – and in times of need, our lack can produce anxiety. Both of these scenarios reveal a lack of trust in God and can hinder our ability to live in simplicity. Which of these is more likely to be a struggle for you? Wherever you find yourself currently, what are some things you could do to trust God more fully?
- Are there things in your environment that hinder your ability to focus on Christ?
- What resources have you been given that can be useful to others? How can you be more intentional about making these things more available to those around you?
- What steps do you need to take to loosen the grip that possessions have on you?

If you have anything you'd like to share as you prayed through these questions, email me at [deanna@outofmoab.com](mailto:deanna@outofmoab.com)