

# SIMPLICITY

Philippians 4:10-13, Matthew 6:19-33

## Awareness

Before listening, reflect:

- How do you spend your time at home and your free time (i.e. time not working, volunteering or attending activities related to church or school)?
- Are you content with your life? If so, what makes you content? If not, what do you think will make you content?

It's easy to think that the spiritual discipline of simplicity means living with nothing, but simplicity is different than poverty. The practice of simplicity as demonstrated in scripture doesn't mean never owning anything, rather it again calls us to evaluate our motives and our relationship to things and to grow in our relationships with God and with people.

## Reflection

During the Groundwork conversation Dave Bast says simplicity is about “reclaiming our lives for the sake of relationship.” With that in mind recall your earlier reflections about time and contentment...

- Are there areas in your life you want to reclaim? Consider these areas and what changes you might be willing to make. If you find yourself resisting, what underlying beliefs might be influencing that resistance?
- Rena Dam noted “rather than simplicity being equated with sacrifice, it is equated with actually enriching our lives,” reflect on the things you regard as a sacrifice. How might those sacrifices be enriching your life?
- Which relationships would you like to invest in? What are some ways you could invest if you reclaim even one aspect of your life?
- Re-read Matthew 6:25-34 - How does contentment relate to worry?
- What might the danger be in being legalistic about practicing simplicity?

## Related Passages

- **Luke 12:13-34**  
*(note particularly verse 15)*
- **James 5:1-5**
- **Deuteronomy 8:6-18**

## Conclusion

Evaluate the things in your life that receive your time and attention. In prayer, request God's wisdom and the guidance of the Holy Spirit as you reflect. Weigh the sacrifices by considering the ways they might enrich your life. How does that fit with your desired priorities and your ability to seek God's will for your life? Seek the freedom simplicity can bring to your relationship with God and guard against the temptation to fall into legalism.

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<https://groundwork.reframemedia.com/episodes/simplicity>

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