

SIMPLICITY

Scripture:

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matt. 11:28-30 – Msg)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (Matt 11:28-30 – NIV)

All of us believe in it... but few of us practice it. Secretly we long for a simpler life. Solitude. Less stress. Fewer commitments. But we’re caught in a quagmire of our – and society’s making. The fact is the life *is* complex. But often we exacerbate the problem. In fact, we may be the problem. If you seriously want to simplify your life, take a few moments and prayerfully ponder these questions, +

- 1) What does simplicity mean to you?

- 2) What role do others expectations play in your daily or weekly schedule? Are you comfortable with the proportion of your resources currently devoted to servicing the requests or demands of others?

- 3) Is it possible to have simplicity without frugality? Explain.

- 4) Do you have a tendency to run from silence? Why or why not?

- 5) In our hectic, materialistic society, people living a simple life are looked at as nonconformists. How do you feel about being looked at that way?
- 6) Some say it is impossible to be happy until we know what we love. What do you most love? How could you reorganize your life so that you could give more attention to what you love?
- 7) In what ways, if any, are you sacrificing quality of life (more joy) in order to achieve a higher standard of living (more stuff)?
- 8) What is your idea of success in life? How simple or complex would your life have to be for you to achieve that success?

+Jerry D. Jones, To Help Simplify Your Life (Colorado Springs: NavPress, 1999, pages 3-152 selected

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