

Simplicity

Matthew 6:19-33

1. Self-assessment

- I have too much stuff.
- I often feel stressed because it seems like I have too much to do and not enough time to do get it all done.

How might these two be connected?

2. The classic Spiritual Disciplines of the Christian Faith

- The Inward Disciplines: **Meditation (2-25)**, Prayer, **Fasting (3-4)**,
Study
- The Outward Disciplines: **Simplicity (3-11)**, **Solitude (3-18)**,
Submission, Service
- The Corporate Disciplines: Confession, Worship, **Guidance (3-25)**,
Celebration

3. “God made man _____; man’s complex problems are of his own devising.” Ecclesiastes 7:29 JB

- “God richly provides us with everything for our _____.”
1 Timothy 6:17
- “God saw all that He had made, and it was _____.”
Genesis 1:31
- What was God’s original blessing?

- What was our original sin?

- When we practice the spiritual discipline of simplicity, we put ourselves in the place where God can _____ us to his original blessing.
- “The Christian discipline of simplicity is an inward reality that results in an outward life-style. Both the inward and the outward aspects of simplicity are essential. We deceive ourselves if we believe we can possess the inward reality without its having a profound effect on how we live. To attempt to arrange an outward life-style of simplicity without the inward reality leads to deadly legalism.” - Richard Foster

- “Because we lack a divine Center our need for security has led us into an insane attachment to things.”—Foster What does this mean?

- “... riches and abundance come hypocritically clad in sheep’s clothing pretending to be security against anxieties and they become then the object of anxiety ... they secure a man against anxieties just about as well as the wolf which is put to tending the sheep secures them ... against the wolf.” –Soren Kierkegaard
- The Christian discipline of simplicity is an inward reality that results in an outward life-style. The discipline of simplicity is having a God-centered inner attitude towards our stuff that results in a God-honoring way we handle our stuff.

4. The inner reality of simplicity brings liberation from _____.

- Three inner realities that grow in us when we practice simplicity:
 - 1)
 - 2)
 - 3)
- What is the result that blossoms in our inner reality?

5. Ten outward realities in how we live that result from the inner reality of simplicity. Celebration of Discipline by Richard Foster

1. I buy things for their _____ rather than their status.
2. I reject anything that is producing an _____ in me.
3. I develop a habit of _____.
4. I refuse to be propagandized by the custodians of modern gadgetry.
5. I learn to enjoy things without _____ them.
6. I develop a deeper appreciation for God’s _____.
7. I look with _____ at all “buy now, pay later” schemes.
8. I obey Jesus’ instructions about _____ speech.
9. I reject anything that breeds the oppression or exploitation of others.
10. I turn away from anything that distracts me from seeking _____ the kingdom of God and his righteousness.