

A person stands on a beach at sunset, with their arms outstretched. The sun is low on the horizon, casting a warm glow over the sky and water. The person's silhouette is reflected in the shallow water. The sky is filled with colorful clouds in shades of orange, red, and blue.

Spiritual Disciplines

ATTENTION WITH INTENTION

The Discipline of Simplicity

A person is silhouetted against a vibrant sunset over the ocean, with their arms outstretched. The sky is filled with colorful clouds in shades of orange, red, and blue, which are reflected in the calm water below. The person is positioned in the center of the frame, creating a sense of balance and tranquility.

Do you own only the **things you need?**

Or do the multitude of your **possessions own you?**



Spiritual Simplicity

A definition:

The inward reality of single-hearted focus upon God and his kingdom, which results in an outward lifestyle of modesty, openness, and unpretentiousness and which disciplines our hunger for status, glamour, and luxury.

Matthew 6:19-24

21 “For where your treasure is, there your heart will also be. 22 The lamp *of* the body is the eye. Therefore if your eye is **single**^[c], your whole body will be full-of-light. 23 But if your eye is bad, your whole body will be full-of-darkness.

C: Or, sincere, simple. That is, single-focused on God; or, spiritually healthy.

Disciples' Literal New Testament





Applying Simplicity as a Spiritual Discipline

- 1. Harmony**
Abraham prioritized peace and harmony in his family over material gain.
- 2. Focus**
Jesus urged us to have a clear and undivided focus on God.
- 3. Contentment**
Paul encouraged the church to be content in whatever circumstances God has placed us.



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