



PURSUE A SINGLE GOAL

Through *Celebration of Discipline* by Richard Foster, we are introduced to the spiritual practice of simplicity. Simplicity invites us to shift our perspective and pursue a singular goal in all areas of life. This goal is articulated in Matthew 6:33 "But seek first the kingdom of God and his righteousness, and all these things will be added to you."

Kathryn Shirey articulates this practice in the following excerpt.

"The spiritual discipline of simplicity is to intentionally shed the things of this earth that are keeping you from fully experiencing the life God desires for you. What are the things entangling you, holding you back? Do you have too much focus on things? Do you need to declutter your house or cut back on a shopping habit? Do you take on too much? Where do you need to say 'no' to cut back and simplify? Are you making your holidays too busy and complicated? How can you scale back your celebrations? What if you bought fewer presents, did fewer activities, and scaled back the parties? Simplicity is letting go so that you can make more room in your life for God."

SIMPLICITY IN PRACTICE

Practical ways to embrace simplicity in all areas of your life from *Celebration of Discipline*.

- Buy things for their usefulness rather than their status.
- Reject anything that is producing an addiction in you. Notice your compulsions to eat, drink, and consume particular media or resources.
- Develop a habit of giving things away.
- Refuse to be propagandized by the custodians of modern gadgetry. Beware of the constant invitation to purchase the "next best things."
- Learn to enjoy things without owning them.
- Develop a deeper appreciation for the gifts of creation.
- Look with a healthy skepticism at all "buy now, pay later" schemes. Resist bondage to interest and debt.
- Obey Jesus' instructions to use plain and honest speech. Matthew 5:37
- Reject anything that encourages the oppression of others.
- Shun anything that distracts you from seeking first the kingdom of God. Be mindful that even good things can draw our attention away from God.

COMMUNITY PRACTICE November 10th

Join us on November 10th at 6:30 PM in the Oasis as our entire community is encouraged to gather to engage our spiritual practice together.