

## SIMPLICITY

### Ten Principles for Practicing Simplicity\* (For post-message meditation)

1. *Buy things for their usefulness rather than their status.* Buy cars for their utility, not their prestige. Consider riding a bicycle
2. *Reject anything that is producing an addiction in you.* Learn to distinguish between a real psychological need, like cheerful surroundings, and an addiction. Simplicity is freedom, not slavery
3. *Develop a habit of giving things away.* If you find that you are becoming attached to some possession, consider giving it to someone who needs it
4. *Refuse to be propagandized by the custodians of modern gadgetry.* Timesaving devices almost never save time
5. *Learn to enjoy things without owning them.* Many things in life can be enjoyed without possessing or controlling them. Share things
6. *Develop a deeper appreciation for the creation.* Get close to the earth. Walk whenever you can. Marvel in the rich colors everywhere
7. *Look with a healthy skepticism at all “buy now, pay later” schemes.* They are a trap and only deepen your bondage
8. *Obey Jesus’ instructions about plain, honest speech.* Avoid flattery and half-truths. Make honesty and integrity the distinguishing characteristics of your speech
9. *Reject anything that breeds the oppression of others.* In a world of limited resources, does our lust for wealth mean the poverty of others? Do we oppress our children or spouse because we feel certain tasks are beneath us?
10. *Shun anything that distracts you from seeking first the kingdom of God.* It is so easy to lose focus in the pursuit of legitimate, even good things. They can all too quickly become the center of attention

Scripture passages in today's service were read from *The Message* and included Matthew 19:16-30; Luke 6:24-38; Luke 16:10-15, 19-31; Luke 12: 13-34; and Matthew 6:1-4, 19-33

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## QUOTES OF NOTE

### **Simplicity**

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 it having a profound effect on how we live. (Richard Foster, *Celebration of Discipline*)

### **The Challenge of Simplicity for Women**

What a circus act we women perform every day of our lives. It puts the trapeze artist to shame. Look at us. We run a tight rope daily, balancing a pile of books on the head. Baby-carriage, parasol, kitchen chair, still under control. Steady now! This is not the life of *simplicity* but the life of *multiplicity*.... It leads not to *unification* but to *fragmentation*. It does not bring grace; it destroys the soul. And this is not only true of my life, I am forced to conclude; it is the life of millions of women in America.... Today more of us in America than anywhere else in the world have the luxury of choice between simplicity and complication of life. And for the most part, we, who *could choose simplicity, choose complication*. (Anne Morrow Lindbergh, *Gift from the Sea*)