

Spiritual Discipline of the Month of December:

Simplicity

Simplicity brings freedom; it impacts both our inward and outward reality. Living a life of simplicity means letting go of materialism (the attachment to and accumulation of things, titles, and power) and / or asceticism (the extreme denial of things, titles, and power). Practicing simplicity means living with a quiet dependence on God. It means making our first priority seeking God's kingdom and righteousness.

*"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. **But seek first his kingdom and his righteousness, and all these things will be given to you as well.**" - Matthew 6:31-33*

Practical suggestions / Challenge for the month.

- ✓ Make seeking his kingdom and his righteousness your first priority in life. Do this before making decisions and with areas of your life that produce anxiety or stress.
- ✓ Simplify your life. Write down the top four things that can simplify your life.
 1. _____
 2. _____
 3. _____
 4. _____

Circle the one that is most important and begin to do it.

- ✓ Be honest and live with integrity.

Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

Helpful Hints: Many of our lives are so busy and complicated that we cannot hear the voice of God. Make space for God. Take some time to de-clutter your life; get rid of things you do not need and complete things that are undone.

If you have any questions, want other suggestions, or would like to share your simplicity experience, contact us at (302) 378-7692 or connect@connectioncc.org.

For more information on the practice of Spiritual Disciplines, refer to "The celebration of Discipline," by Robert Foster.