



1. The Holy Habit of simplicity is an **inward reality** that results in an **outward lifestyle**.
2. Simplicity breaks the power of **worry, fear,** and **covetousness/greed** by orienting our lives around **seeking God first** in all things.
3. Simplicity produces **freedom** and **contentment**.

Fill-ins: inward reality, outward lifestyle, worry, fear, covetousness/greed, seeking God first, freedom, contentment

» NEXTSTEP

- 1. Think About It:** How would you describe a person who only had the inward reality of simplicity without the outward lifestyle? How would you describe them if they only possessed the outward lifestyle with no inward reality?
- 2. Think About It:** Three inner attitudes of simplicity are (1) viewing what we have as a gift from God; (2) understanding that know it is God's job to care for and protect what we have; and (3) to make what we have available to others. Which do you find the most difficult for you?
- 3. Try This:** Intentionally limit your choices this week. Then take time to reflect on your experience. Does it feel freeing or does it surface unhealthy want, fear, worry, covetousness, or greed? Talk to God about this.
- 4. Try This:** Uncomplicate your life by choosing a few areas in which you can practice "letting go." Clean out the garage, basement, closet, or attic. Go on a simple vacation. Eat more simply. What is this like for you?
- 5. Try This:** Give some things away. Pick one thing that might have power over you. Find out just how attached you are to your things. What is it like for you?
- 6. Optional Netflix Assignment:** Watch an episode or two of *Tidying Up With Marie Kondo*. What can you learn about practicing the Holy Habit of simplicity by watching this show?