

Simplicity

There's a bumper sticker slogan that captures the attitude of our culture well, it says—"The one who dies with the most stuff wins." We assume that stuffing our lives with more stuff is the way to be happy, successful, and content. But is that so? Is that anything remotely like the Christian vision for what life is all about? Today on Groundwork we continue in our series on the spiritual disciplines to think most especially about the discipline of simplicity. What is this discipline, how does it lead us another way from so much of contemporary society, and how does it make us grow closer to the heart of God?

Special Guest: Rena Dam

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How do you spend your time at home and your free time (i.e. time not working, volunteering, or attending activities related to church or school)?
- Are you content with your life? If so, what makes you content? If not, what do you think will make you content?



LISTEN TO THE EPISODE: [Simplicity](#)

READ [Philippians 4:10-13](#), [Matthew 6:19-33](#)

REFLECTION After listening, consider the following questions:

During the Groundwork conversation, Dave Bast says simplicity is about "reclaiming our lives for the sake of relationship." With that in mind recall your earlier reflections about time and contentment...

- Are there areas in your life you want to reclaim? Consider these areas and what changes you might be willing to make. If you find yourself resisting, what underlying beliefs might be influencing that resistance?
- Rena Dam noted "Rather than simplicity being equated with sacrifice, it is equated with actually enriching our lives," reflect on the things you regard as a sacrifice. How might those sacrifices be enriching your life?
- Which relationships would you like to invest in? What are some ways you could invest if you reclaim even one aspect of your life?
- Re-read [Matthew 6:25-34](#) - How does contentment relate to worry?
- What might the danger be in being legalistic about practicing simplicity?

RELATED PASSAGES for further study

[Luke 12:13-34](#), [James 5:1-5](#), [Deuteronomy 8:6-18](#)

CONCLUSION

Evaluate the things in your life that receive your time and attention. In prayer, request God's wisdom and the guidance of the Holy Spirit as you reflect. Weigh the sacrifices by considering the ways they might enrich your life. How does that fit with your desired priorities and your ability to seek God's will for your life? Seek the freedom simplicity can bring to your relationship with God and guard against the temptation to fall into legalism.

[**https://groundworkonline.com/episodes/simplicity**](https://groundworkonline.com/episodes/simplicity)

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