



Simplicity Exercise

I once heard someone talk about organizing a junk drawer. They said you must empty, sort, purge, and replace. Just like a junk drawer, your life can get cluttered and random. This exercise is designed to help you go through the process of empty, sort, purge, and replace so that you can move toward biblical simplicity.

1. Clarity

The writer of Hebrews challenged us to “run with perseverance the race marked out for us.” You have a unique “race” that God wants you to run.

Spend some time in reflection and prayer about the life you are currently living. Then, after being with God, write down your most important values and priorities.

Get clear about the “must do’s” of your life.

2. Courage

In the same passage in Hebrews, we are challenged to “throw off everything that hinders and the sin that so easily entangles”. Once you are clear about your values and the unique race you are called to run, you must have the courage to “throw off” the extra baggage that hinders you.

Here are some questions to help you think through changes you might need to make:

- Where are you overextended?
- What are you spending time and energy on that’s not a core value or priority in your life?
- What are you doing simply because it is an expectation others have put on you?
- What step could you take that would bring greater simplicity to your life?
- What do you sense you need to stop doing?
- Where do you sense there is duplicity in your life?

3. Calendar

Your calendar can be a bit like a junk drawer. It can get filled with all sort of random things that clutter your life and hinder the unique race you were called to run. Based on the values you identified in the first section of this exercise, what needs to get on your calendar that currently isn't getting much time? Is it family? Physical exercise? Time with God? Sabbath? And, what needs to get removed from your calendar because it is not helping you run the unique race that God has called you to? Get out a calendar and start making the needed adjustments.

Simplicity means taking action to align one's exterior world with one's interior values and commitment to God.

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