



Practicing the Way of Jesus

Simplicity

Matthew 6:19-21 & 25-34

Practicing the Way of Jesus

The way that Jesus practiced and/or promoted.

Trust

Silence and Solitude

Connecting to the marginalized

Prayer

Service

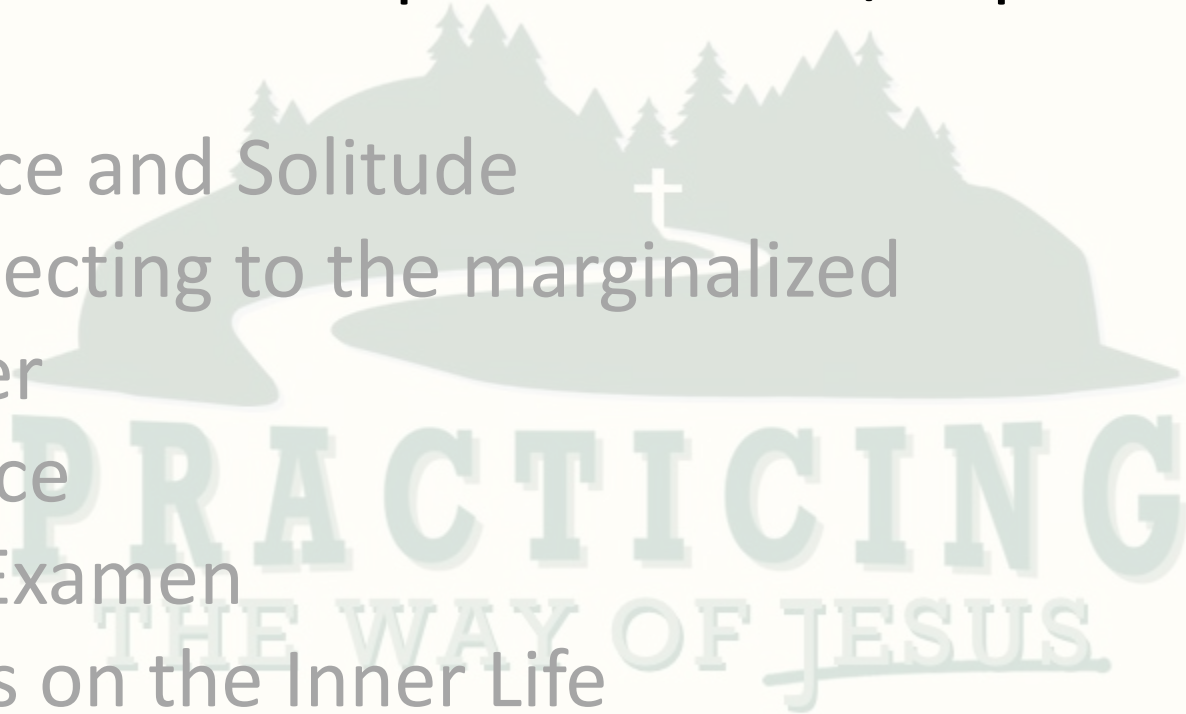
The Examen

Focus on the Inner Life

Story telling

Simplicity

Loving God & Other





Simplicity

The desire...

“To uncomplicate and untangle my life so I can focus on what really matters.”

The definition...

“Simplicity cultivates the great art of letting go. Simplicity aims at loosening inordinate attachment to owning and having. Simplicity brings freedom and with it generosity”

Adele Ahlberg Cohoun

1 – Jesus promoted simplicity

“For where your treasure is, there your heart will be also.” 6:21

“Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” 6:34

PRACTICING
THE WAY OF JESUS

1 – Jesus promoted simplicity

“One thing you lack – go sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me.”

Mark 10:21

PRACTICING
THE WAY OF JESUS

1 – Jesus promoted simplicity

Simplicity involves choice.

Choice demands priorities, values and matters of the heart.

“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.”

Matthew 13:44

2 – Jesus practiced simplicity

“Foxes have holes and birds of the air have nests, but the Son of Man has no place to lay his head.”

Matthew 8:20

Apart from his clothes that he wore we are not told Jesus owned anything.

He trusted God to provide his tax payments!

3 – Practicing simplicity

- The world tells us more is better.
- Often we use things (activity and material) to medicate or feel better.
- We sometimes build our identity around what we do or what we have.
- We often have things we do not need.
- We can see our possessions as a right.



3 – Practicing simplicity

- Speak the truth – yes = yes. No = no!
- Practice letting go – clean out the garage...
- Limit your choices – breakfast cereal, shoes, tv channels...
- If someone admires something of yours, give it away.
- If you can walk instead of driving, walk!
- Catalogue the gadgets in your home. Which have actually made you freer? Which could you do without?

3 – Practicing simplicity

-Where have you complicated your life with God? What brings you into his presence? Spend time there.

-When asked to do something, say you will call them back in 10 minutes (perhaps don't do this at work!).

When you try one of these things consider, what was that like for you?

Learn from the experience of simplicity.



Conclusion

Jesus demonstrated that he could save the world with nothing but himself – his body – and his love for us.

The body was his.

The blood was his.

The cross was supplied.