

# Simplicity 04

Simplicity of Stuff



Weston Brooks



## OVERVIEW

*Godliness actually is a means of great gain when accompanied by contentment. For we have brought nothing into the world, so we cannot take anything out of it either. If we have food and covering, with these we shall be content*

*- Apostle Paul (1 Timothy 6:6-8)*

We are immersed in a culture that subtly (and sometimes explicitly) tells us that more is better. But when we consider the life and teachings of Jesus, it becomes clear that more doesn't equal better; often, more equals less: less contentment, less margin, less peace.

Most of us want a heart that is full of contentment and want what Paul called, "life that is truly life." The question is how? How do we move our hearts away from the desire for more, and toward the freedom of less? How do we become the kinds of people who know that what Jesus says is true: it's better to give than receive?

The Practice of Simplicity is a discipline that helps us evaluate where our heart is attached to stuff and pushes us to move our attachments from stuff to God. At the end of the day, Simplicity is about a heart postured towards God, believing in his goodness and provision. It is about training our desires to find satisfaction in Him so that we can become more like Him - free to enjoy stuff, but just as free to give it away or share it with others.

This week we start simplifying our stuff by picking one area of our home in which we de-clutter and see what happens when we have less.

## PRACTICE SIMPLICITY OF STUFF

This week we are going to start simple and small. Pick a room in your house, or your garage, or a storage closet or your wardrobe closet and simplify it.

Once you have selected a room, take everything (and I mean everything, no matter how big or small) and put it in one of 5 piles.

**Giveaway:** items to give away to a friend, a neighbor (perhaps via a group like Buy Nothing), or to Goodwill.

**Sell:** items in good condition you'd like to sell.

**Throwaway or recycle:** for items beyond repair or further use.

**Wait:** this pile is key. For sentimental items or things we think we "might need" in the future, put them away in a box or bag in a closet and put it out of sight for a set period of time, perhaps 3-6 months. If at any point you want something, go get it out! Revisit the box when time is up, and you may discover the items are easier to give away.

**Keep:** whatever you feel is useful, beautiful, and has a purpose in your life as a follower of Jesus.

For some great tips, I recommend you check out **Joshua Becker** (Becoming Minimalist) on YouTube. He has lots of short videos with ideas on how to de-clutter and simplify. Here are a couple of examples of his videos:

[9 Simple Ideas to Thin Out Your Closet](#)

[8 Easy Steps to a Minimalist Bedroom](#)





## RESOURCES

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*Abundant Simplicity*

by Jan Johnson

*The Freedom of Simplicity*

by Richard Foster

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