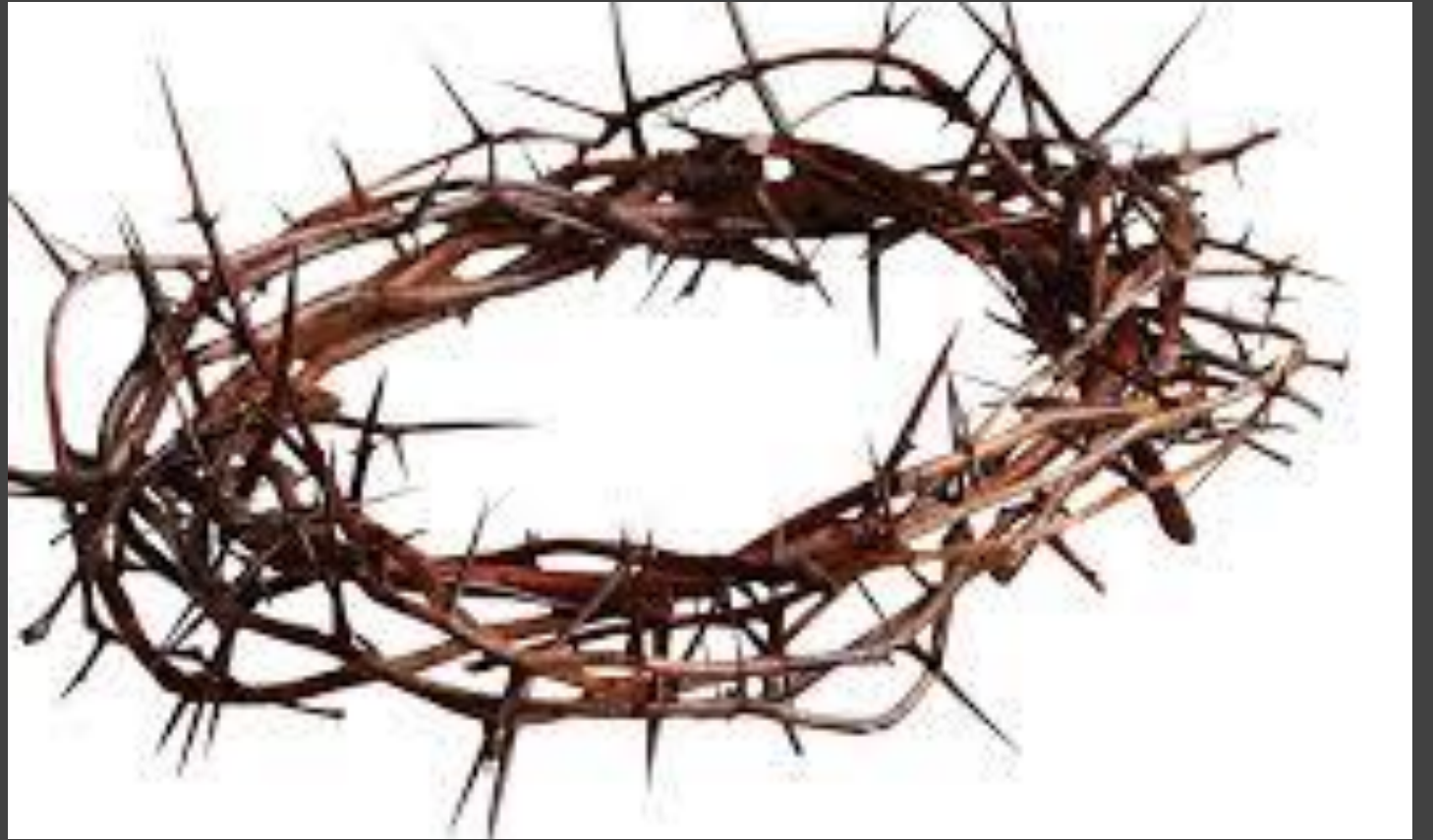
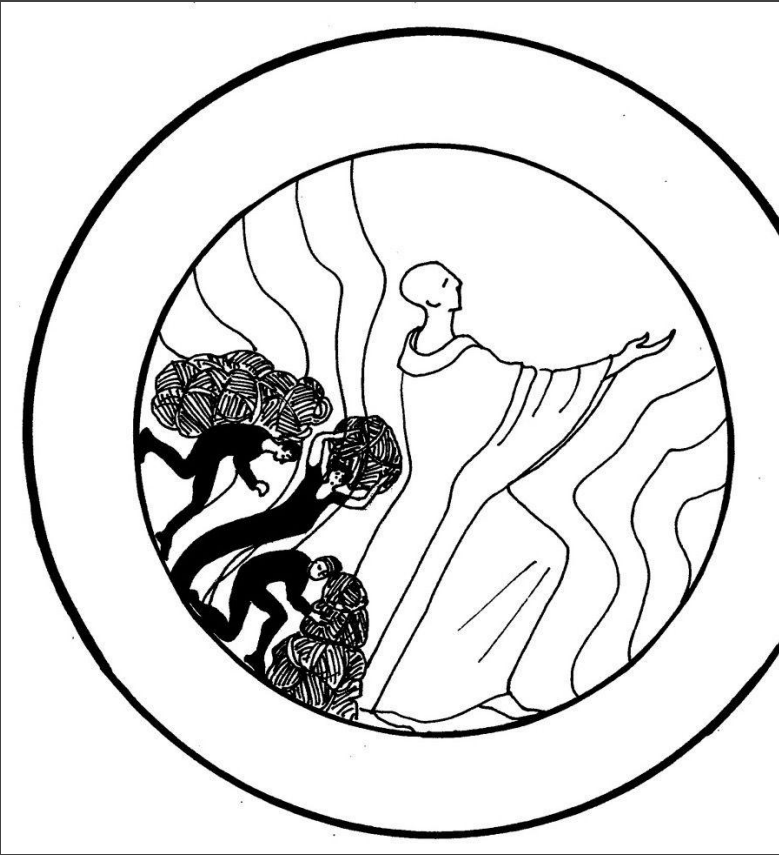


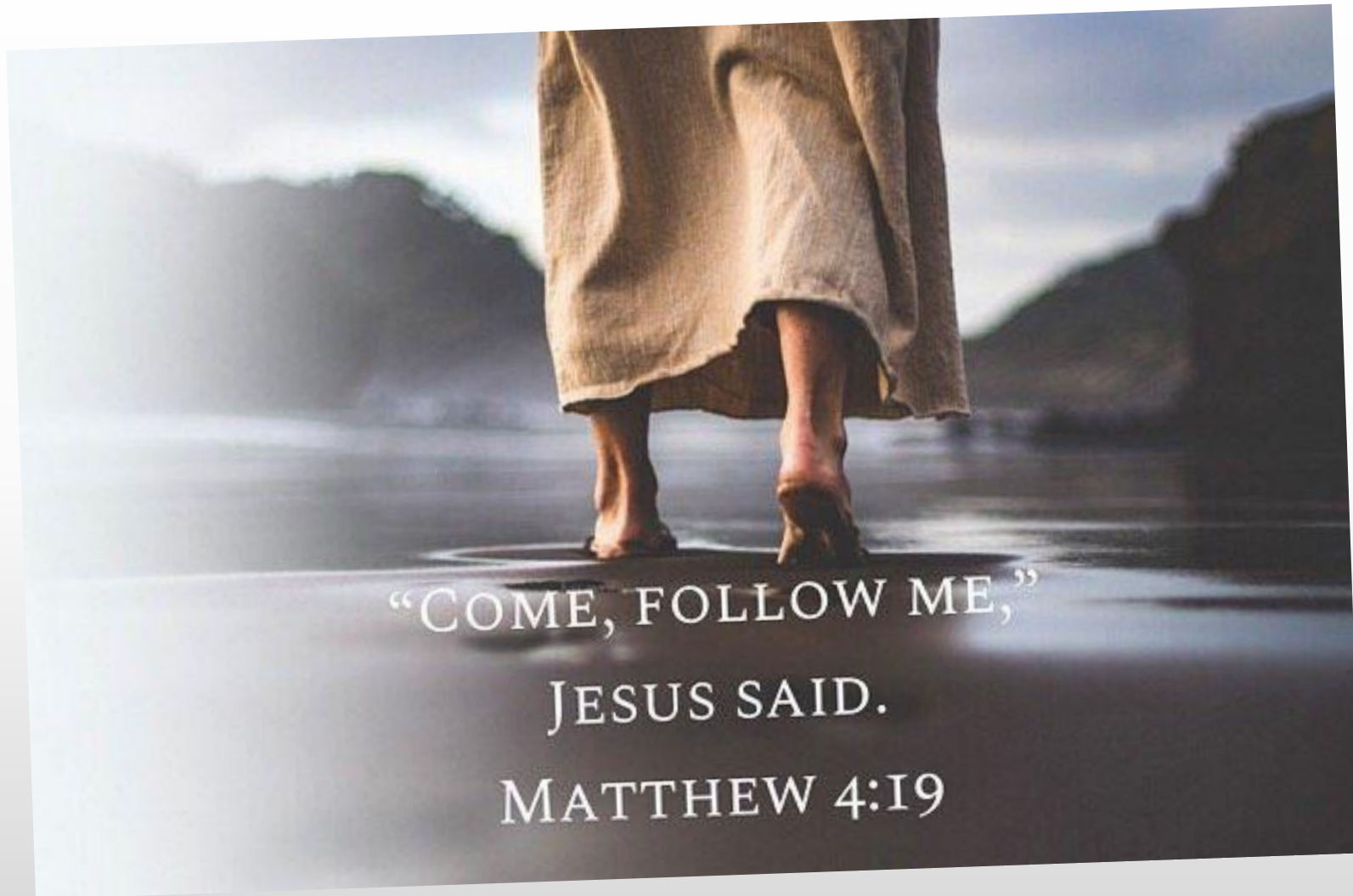
INTRODUCING

# Simplicity

**Spiritual Discipline**



# Parable of Two Princes



“COME, FOLLOW ME,”

JESUS SAID.

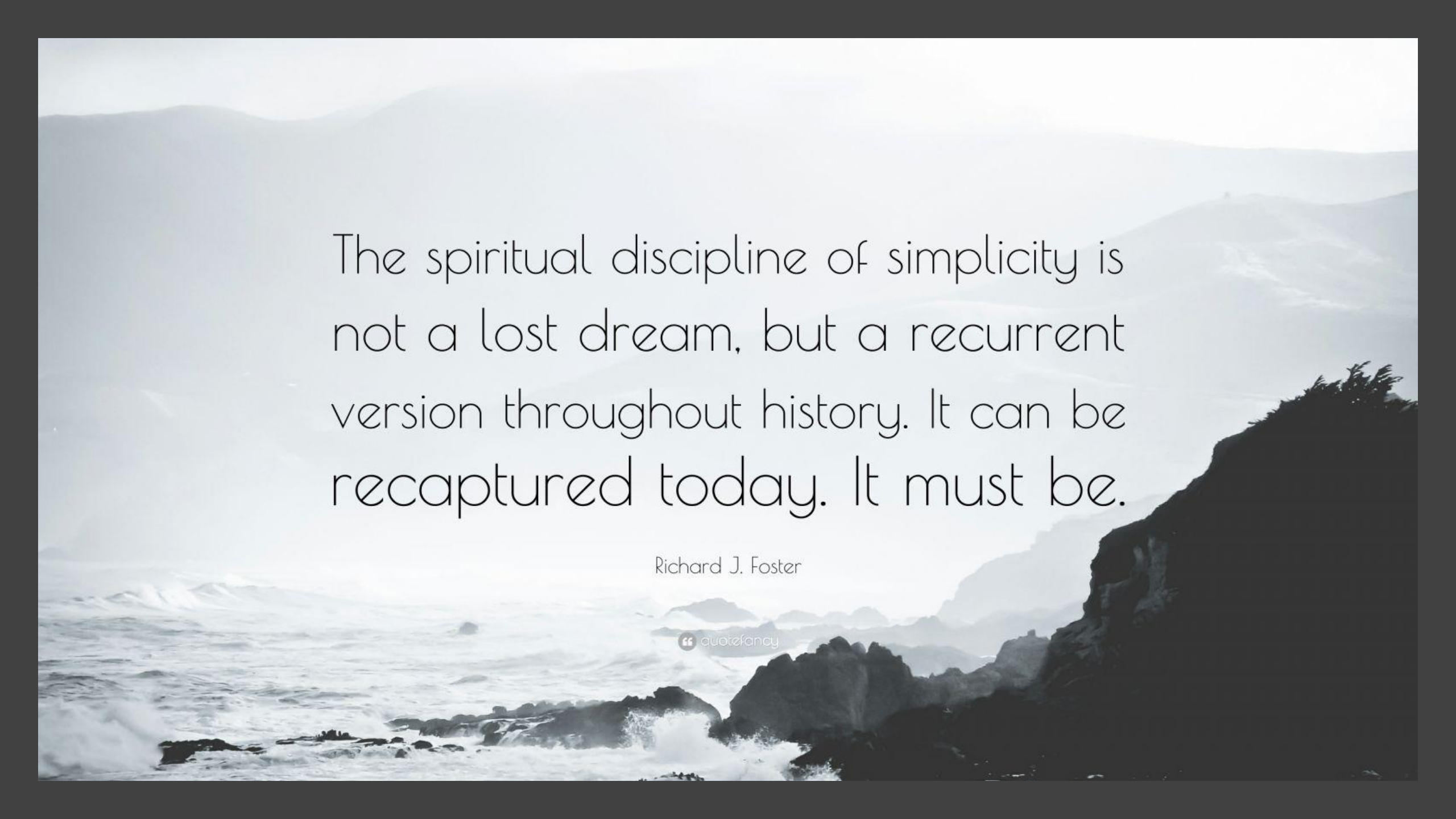
MATTHEW 4:19

THIS IS ALL THAT I HAVE LEARNED:  
GOD MADE US PLAIN AND SIMPLE,  
but we have made ourselves very  
complicated.

Ecclesiastes 7:29 (GNT)  
<http://enjii.tumblr.com/>

**Spiritual Simplicity**





The spiritual discipline of simplicity is not a lost dream, but a recurrent version throughout history. It can be recaptured today. It must be.

Richard J. Foster

“ quote fancy ”

INTRODUCING

Simplicity is the inward reality  
that results in outward lifestyle

INTRODUCING

To attempt to arrange the outward  
lifestyle without the inward reality  
leads to deadly legalism


# Inward reality is Christlikeness

- ❑ Living according to scripture
- ❑ Empowered by the Holy Spirit
- ❑ Transforming into Christlikeness



# Following Jesus is.....

1. Slowing Down
2. Storing Down
3. Stressing Down



God walks "slowly" because He is love. If He is not love He would have gone much faster. Love has its speed. It is an inner speed. It is a spiritual speed. It is a different type of speed than the technological speed to which we are accustomed. It is "slow" yet it is lord over all speeds since it is the speed of love.

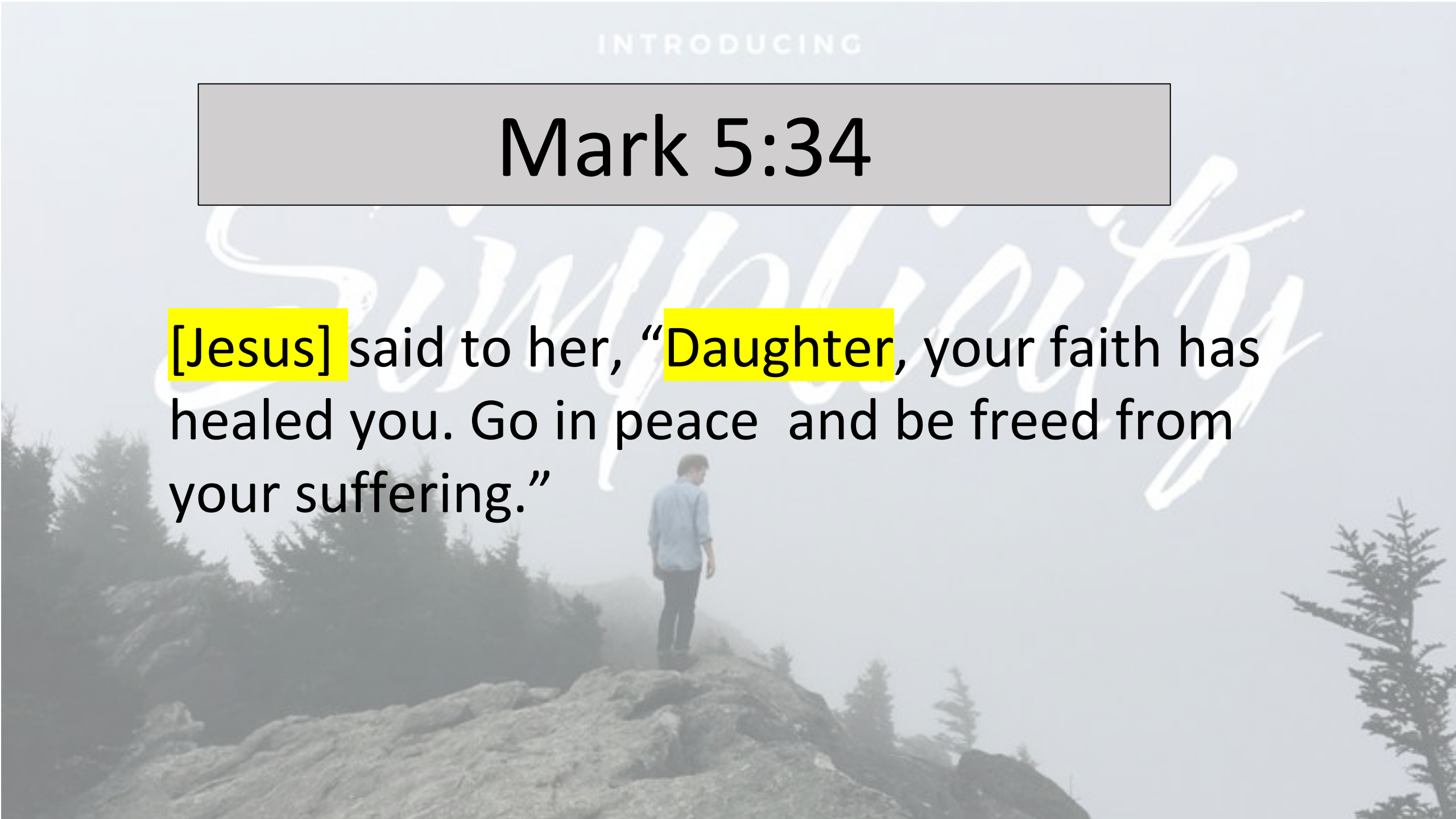
–Kosuke Koyama



INTRODUCING

# Mark 5:34

[Jesus] said to her, “**Daughter**, your faith has healed you. Go in peace and be freed from your suffering.”



# Mark 5:34, 41

[Jesus] said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

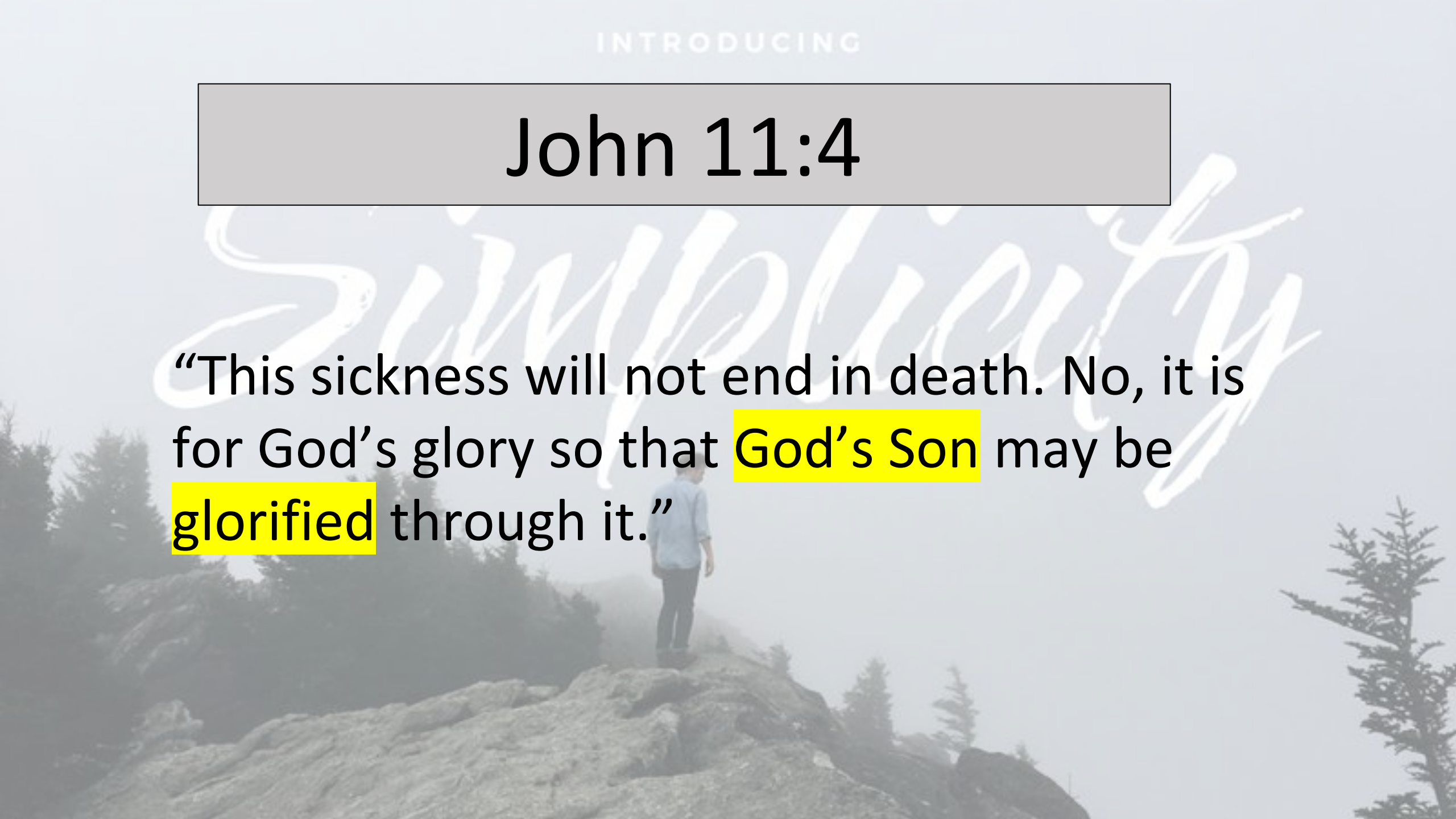
<sup>41</sup> [Jesus] took her (little girl )by the hand and said to her, “*Talitha koum!*”



INTRODUCING

# John 11:4

“This sickness will not end in death. No, it is for God’s glory so that **God’s Son** may be **glorified** through it.”



# John 11:25,26

Jesus said to her, “I am the resurrection and the life. The one who believes in me will live, even though they die; <sup>26</sup> and whoever lives by believing in me will never die. Do you believe this?”

# John 11:33,35

<sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was **deeply moved** in spirit and troubled.

<sup>35</sup> **Jesus wept.**



# John 11:41,42

So they took away the stone. Then Jesus looked up and said, “Father, I thank you that you have heard me.  
<sup>42</sup> I knew that you always hear me, but I said this for the benefit of the people standing here, that they may believe that you sent me.”

Slowing  
Down

Knowing  
God



# Matt 6:19

Do not store up for yourselves  
**treasures on earth**, where moths and  
vermin destroy, and where thieves  
break in and steal.

# Matt 6:20,21

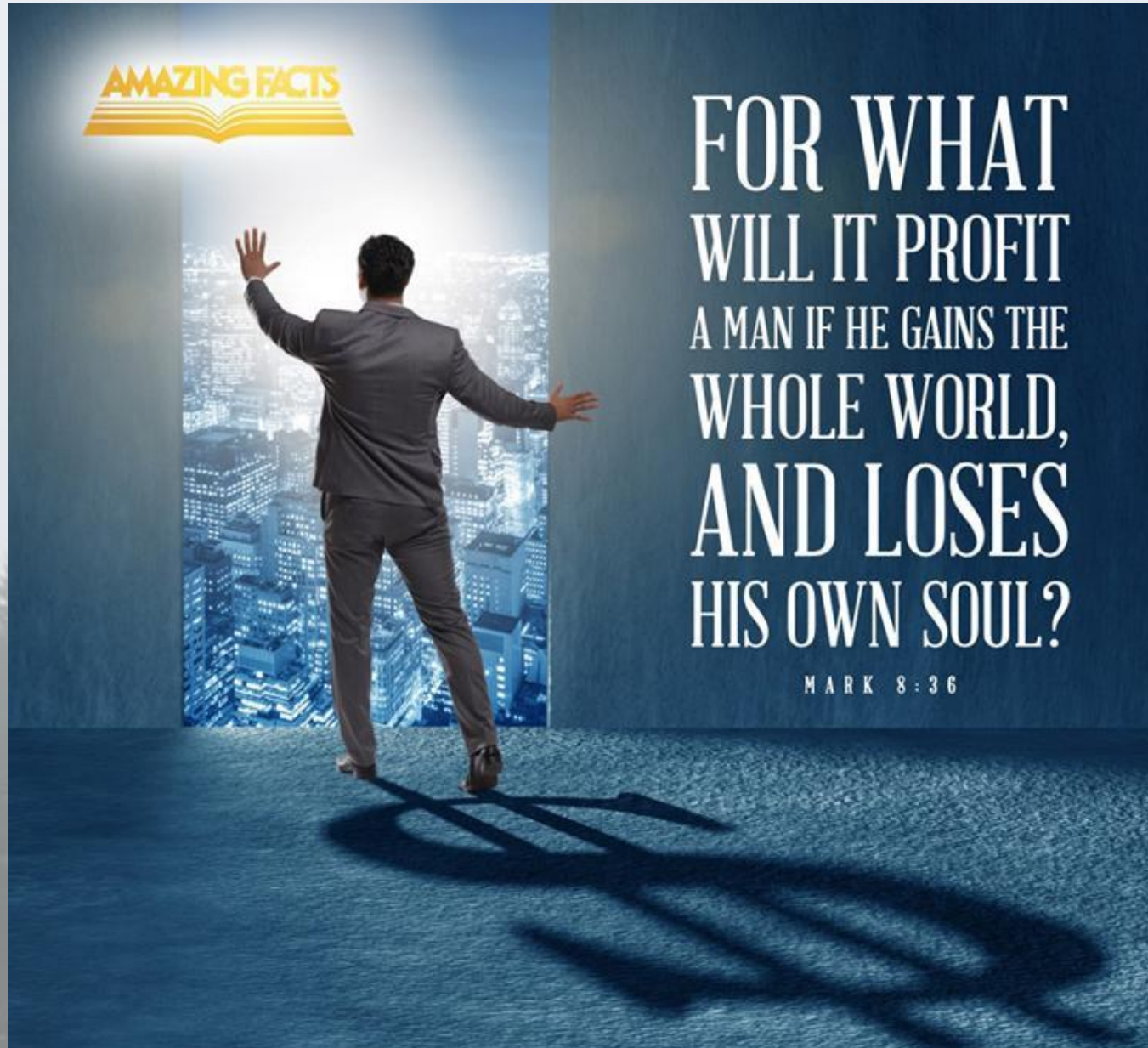
But store up for yourselves **treasures in heaven**, where moths and vermin do not destroy, and where thieves do not break in and steal. <sup>21</sup> For where your **treasure is**, there **your heart** will be also.

# Mark 10:21, 22

Jesus **looked** at him and **loved him**. “One thing you lack,” he said. “Go, sell everything you have and **give** to the poor, and you will have **treasure in heaven**. Then **come, follow me**.” At this the man’s face fell. He went away sad, because he had great wealth.



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**Storing  
Down**

**Choosing  
God**



## INTRODUCING

Do not worry about  
your life...look at the  
birds of the air; they  
neither sow nor reap nor  
gather into barns, and  
yet your heavenly  
Father feeds them.  
Are you not of more  
value than they?

-Matthew 6:25-26





# *Consider the lilies of the field,*

how they grow; they  
neither toil nor spin, yet  
I tell you, even Solomon  
in all his glory was not  
clothed like  
one of these.

*Matthew 6:28-29*

# Matthew 13:22

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“And the one on whom seed was sown among the thorns, this is the man who hears the word, and the worry of the world and the deceitfulness of wealth choke the word, and it becomes unfruitful.”



**Stressing  
Down**

**Living  
Life**





# Matthew 11:28-30

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Come to Me, all who are weary and heavy-laden, and I will give you rest. <sup>29</sup> Take My yoke upon you, and learn from Me, for I am gentle and humble in heart; and you shall find rest for your souls. <sup>30</sup> For My yoke is easy, and My burden is light.”

INTRODUCING

## John 10:10

The thief comes only to  
steal and kill and  
destroy; I have come that  
they may have life, and  
have it to the full.





**God Almighty, our heavenly Father.**

**I thank you for sending your Son, Jesus. In his death on the cross He blotted out sin. In His resurrection He grants eternal life.**

**I acknowledged that I am a sinner. I ask for your forgiveness. Come and be my Lord and Savior.**

**I invite your Holy Spirit into my life to teach and guide me. I am now a child of God**

**In Jesus Mighty Name, AMEN**



# Outward Lifestyle of Simplicity

- ✓ Be Frugal
- ✓ Less is More
- ✓ His Handiwork

# Outward Lifestyle of Simplicity

- ✓ Two ears, one mouth
- ✓ Koinonia
- ✓ Holy Sabbath

INTRODUCING

# Frugal

'fru:g(ə)l/

To make the best of what you have and to make sure you get the best deals for whatever you choose to buy.

(And to not judge others because their frugal is different to your frugal)



*“The secret of happiness  
is not found in seeking more,  
but in developing the  
capacity to enjoy less.”*

NORDIC  
DESIGN

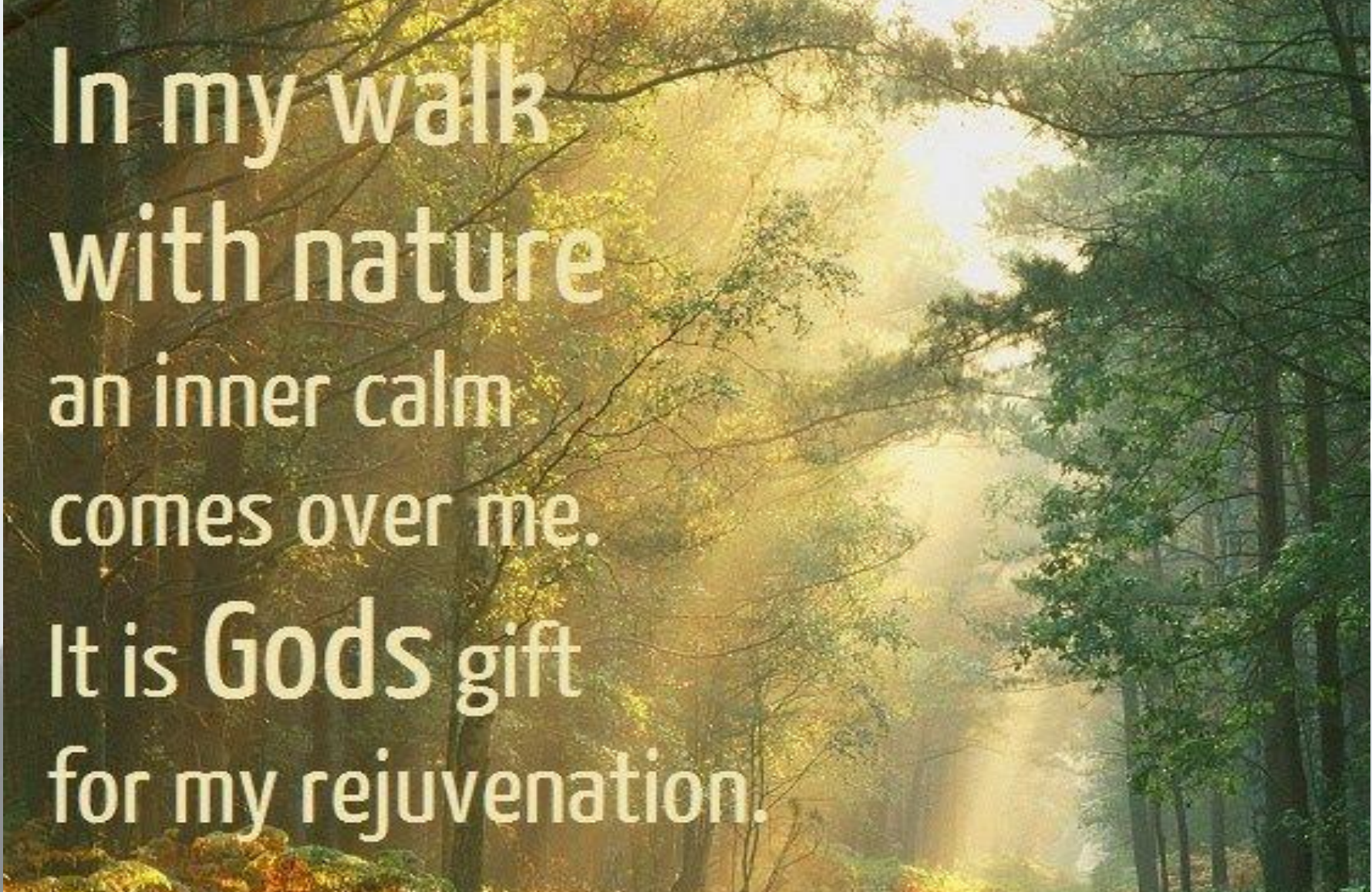
## Less is More

All I have is ...

.. a gift from God  
.. cared by God  
.. available to  
others

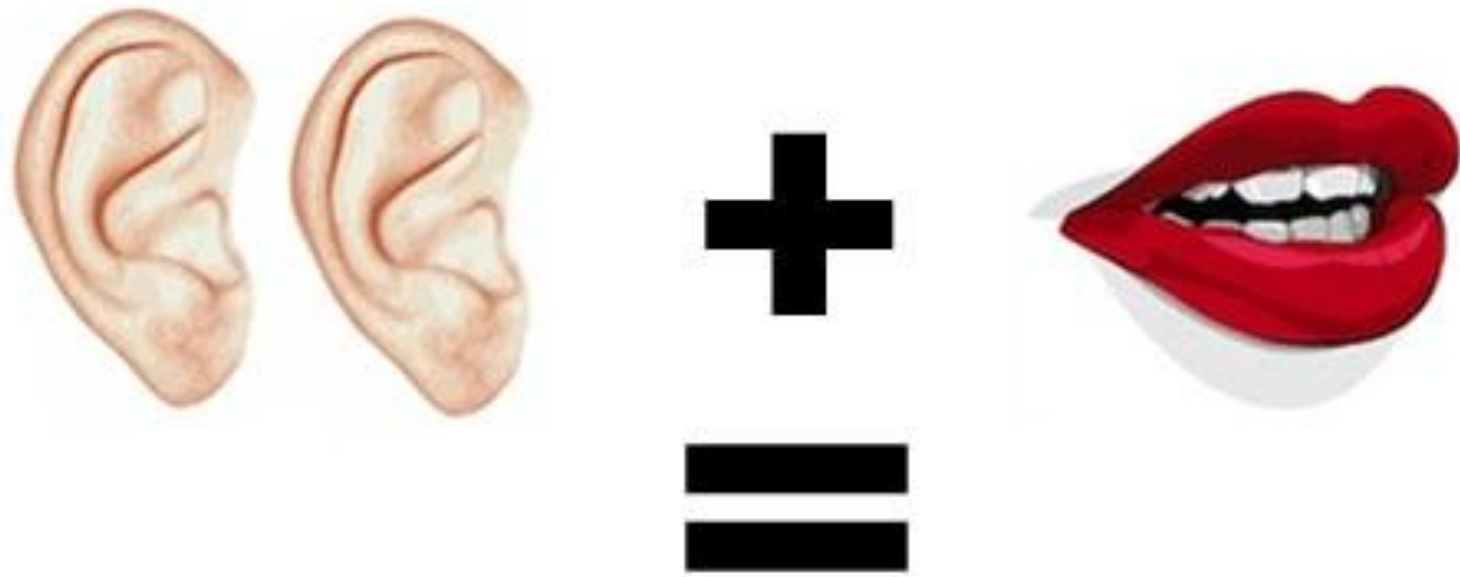


INTRODUCING



In my walk  
with nature  
an inner calm  
comes over me.  
It is Gods gift  
for my rejuvenation.





**LISTEN**

**We have two ears and one mouth so that we can  
listen twice as much as we speak.**



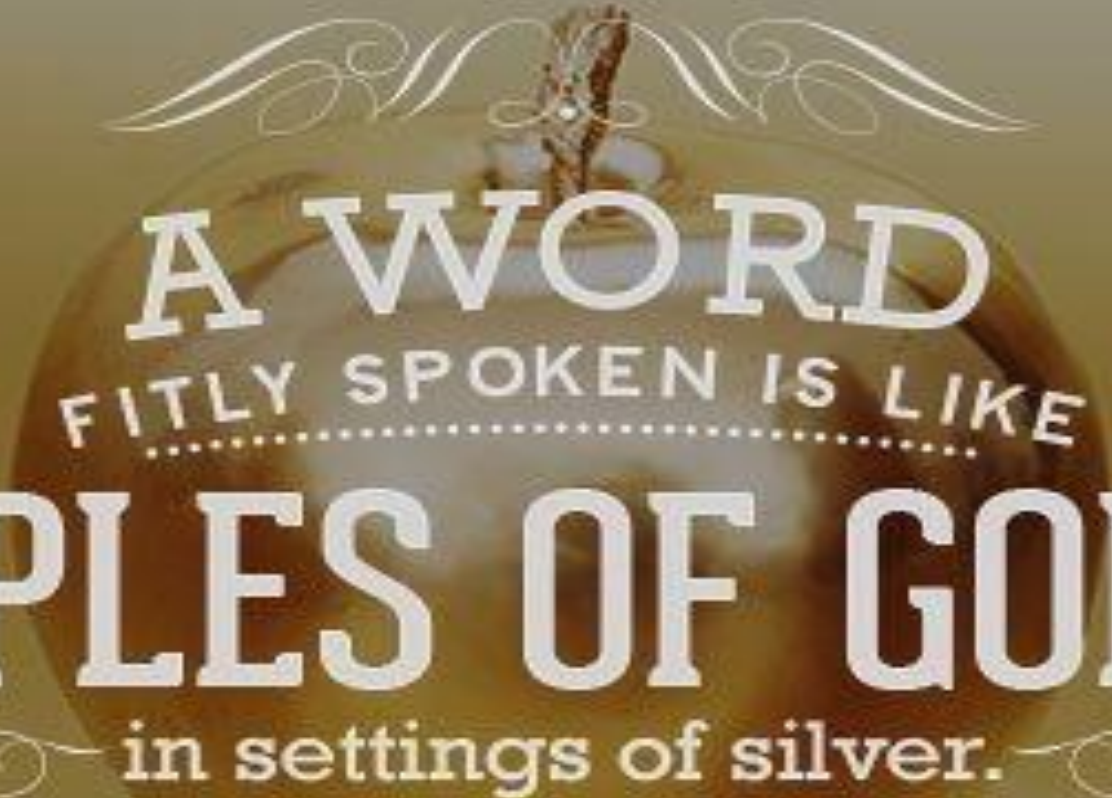
INTRODUCING



Be:  
*quick to listen,*  
slow to speak,  
*slow to anger*

James 1:19

INTRODUCING



A WORD  
FITLY SPOKEN IS LIKE  
.....  
APPLES OF GOLD  
in settings of silver.

..... Proverbs 25:11 .....



# Acts 2:46,47

So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and **simplicity of heart**, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved.



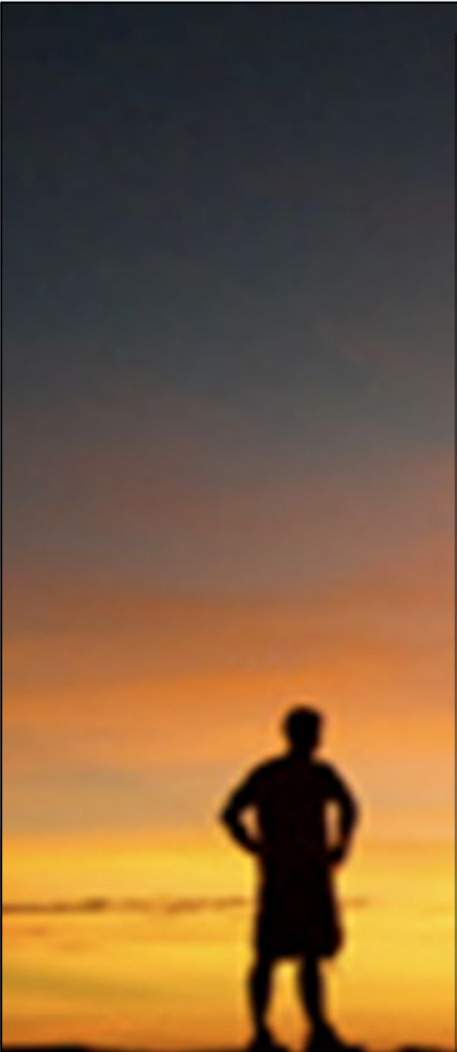
INTRODUCING

# THE SABBATH WAS MADE FOR MAN NOT MAN FOR THE SABBATH

MARK 2:27



## INTRODUCING



The law of the LORD is perfect,  
refreshing the soul.  
The statutes of the LORD are trustworthy,  
making wise the simple.  
<sup>8</sup> The precepts of the LORD are right,  
giving joy to the heart.  
The commands of the LORD are radiant,  
giving light to the eyes.  
<sup>9</sup> The fear of the LORD is pure,  
enduring for ever.  
The decrees of the LORD are firm,  
and all of them are righteous.