

How to Un-Hurry Simplicity

“MAKE IT YOUR
GOAL TO LIVE A
QUIET LIFE,
MINDING YOUR
OWN BUSINESS
AND WORKING
WITH YOUR
HANDS, JUST AS
WE INSTRUCTED
YOU BEFORE.”

1 THESSALONIANS 4:11

Simplicity is getting rid of what distracts us from what is most important. It helps us practice letting go, and allows us to live with generosity and openness to God.

Some practical ways to live simply:

- Go through your home with a laundry basket or bag and collect things that can be donated or sold. Get in the habit of giving things away.
- Make a list of things that you enjoy that don't cost money. Learn to enjoy things you don't possess (parks, nature, conversation, art, etc.).
- Make a list of the things that are most essential and important to you. Once you make the list, reflect on it – what surprises you? What didn't make the list? How might God want you to use these things to bless others?
- Do you have things in storage that you have not used in years? Consider getting rid of things that are not useful or meaningful.
- Think about the times and ways that you're tempted to buy things impulsively. Reflect on what makes you want to buy things without planning.
- Make and keep a budget for your finances. Need help? Email info@wschurch.org and we'd be glad to send some resources that help you get started.
- Pick one area (a closet, a vehicle, a desk, a room) and declutter it.
- Buy things for their function and durability over their status or price.
- If you need something, consider borrowing it rather than buying it.
- Resist exaggeration and over-consumption. Say what you mean and stop when you have enough.

(Adapted from johnmarkcomer.com/howtounhurry)

More resources:

Website: <https://www.becomingminimalist.com/>

Website: <https://practicingtheway.org/practices/simplicity>