



Spiritual Disciplines

The Spiritual Disciplines: The Discipline of Simplicity

This guide is provided to support your reflection during the week.

Going Deeper

Daily Scripture Readings

Day 1 - Simplicity as a singleness of heart. Matthew 6: 19 - 24

Day 2 - Simplicity as trust. Matthew 6: 25 - 34

Day 3 - Simplicity of obedience. Genesis 15

Day 4 - The generosity of simplicity. Leviticus 25: 8 - 12

Day 5 - Simplicity of speech. Matthew 5: 33 – 37, James 5: 12

Day 6 - Simplicity and justice. Amos 5: 11 – 15, 24, Luke 4: 16 - 21

Day 7 - The freedom from covetousness. Luke 12: 13 - 34

Questions to think about

1. In one paragraph, attempt to set forth the biblical teaching on possessions.
2. What in this discipline do you see as a stumbling block for you? (a challenge when trying to make it part of your life.)
3. What are the implications of the ninth principle? Reject anything that will breed the oppression of others.
4. List one thing you can do over the week to simplify your life. Do it. Write about how it changed your outlook on life.