



SIMPLICITY

“To be simple is to fix one’s eye solely on the simple truth of God at a time when all concepts are being confused, distorted and turned upside-down.”

~ Dietrich Bonhoeffer

“Simplicity sets us free to receive the provision of God as a gift that is not ours to keep and can be freely shared with others.”

~ Richard Foster

Challenge of the Week

Simplicity

Practice: Matthew 6:31-33 Lastly, in our practice of simplicity, we need to consider how we spend our attention. Is there an app on your phone or computer that you use more than others? How much time each week do you spend on social media? If a phone is a tempting distraction for you, consider taking a phone-fast. You could delete time-wasting apps from your phone for a week. You could commit to using your phone only during certain times. You could also commit to abstaining from using the internet or television for one week. At the end of the week, reflect on how this experiment changed your life.