

The good life is defined by many, as how full, and busy, our lives are. It's often about adding just one more thing. But the more we add, the more we want. And adding the latest, the biggest and the best to our lives can wreak havoc in our souls as well as our environment.

Jesus teaches us that freedom is not found in having and doing but in keeping God and his will first in our heart, we read in Matthew chapter 6, do not store up for yourselves treasures on earth where moth and rust destroy and where thieves break in and steal, but store up for yourselves treasure in heaven..... For where your treasure is, there your heart will be also.

Jesus wants us to know that we don't need all the things or experiences we think we do. What we really need is to keep first things first-Jesus and his Kingdom. Life becomes much more simple when one thing matters most.

Throughout church history followers of Jesus have intentionally vowed to live simply, many giving up comfort, possessions, and the clutter of life, to make more space for loving God and others.

Living simply creates margins, spaces, and openness in our lives, it honours the resources of our world. Living simply allows us to savour the gift of the present moment, living simply invites us to let go of the tangle of wants so that we can receive the simple gifts of life with gratitude.

A heart of overflowing gratitude to God, the God who supplies all our needs, enables us to let go of dependence on possessions. In trusting God to meet our needs, lies the secret of simplicity of life.

This simplicity of life finds expression in the way we enjoy and value the goodness of ordinary things and the beauty of creation. As we cherish the essential gifts of life, we grow in freedom from the compulsion to accumulate more things. Sometimes the movement towards simplicity can put us at odds with our culture, a culture which defines human beings primarily as consumers and gives prestige to those who have the power to indulge themselves.

I honestly thought that I lived simply, but my bank statements tell a different story.” “

“It’s not that having stuff is wrong, material things can add “spice” to life. They can be fun, entertaining, comforting, etc. It’s not that material possessions are bad, in and of themselves; rather, it’s that when we come to see that everything in our lives is a gift to be given back to the Giver, we begin to learn the way of simplicity.

Christ became poor, so that by his poverty we might become rich. Living simply helps us to learn to hold our possessions lightly, to live an uncluttered life, living simply sets us free from envy and entitlement, living simply helps us to be generous to others. When we live simply we are quick to share with those who are in need. Living simply helps us to root our identity and security in God's love not in possessions