



TEACHER | HUNTER HOUSE

SIMPLICITY



Spiritual Formation

The **Spirit** of God is forming the **people** of God
more & more into the **Son** of God's likeness.



Spiritual Rhythms

Unplug

Fasting // Simplicity // Solitude // Silence // Sabbath

Engage

Prayer // Word // Worship // Confession // Service



What Fasting Does



- Acknowledges dependence on the Lord
- Creates space to hear the Lord's voice
- Reveals our false dependencies



What
Simplicity ~~Fasting~~
Does

Acknowledges dependence on the Lord
Creates space to hear the Lord's voice
Reveals our false dependencies



Simplicity

Ordering our hearts & lives to experience
God more clearly

A life that seeks to eliminate what clutters
our focus on God



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Parable of the Sower

Mark 4:10-13 ESV

And when he was alone, those around him with the twelve asked him about the parables. ¹¹ And he said to them, “To you has been given the secret of the kingdom of God, but for those outside everything is in parables, ¹² so that

“they may indeed see but not perceive,
and may indeed hear but not understand,
lest they should turn and be forgiven.”

¹³ And he said to them, “Do you not understand this parable? How then will you understand all the parables?”



Parable of the Sower

Mark 4:18-19 ^{ESV}

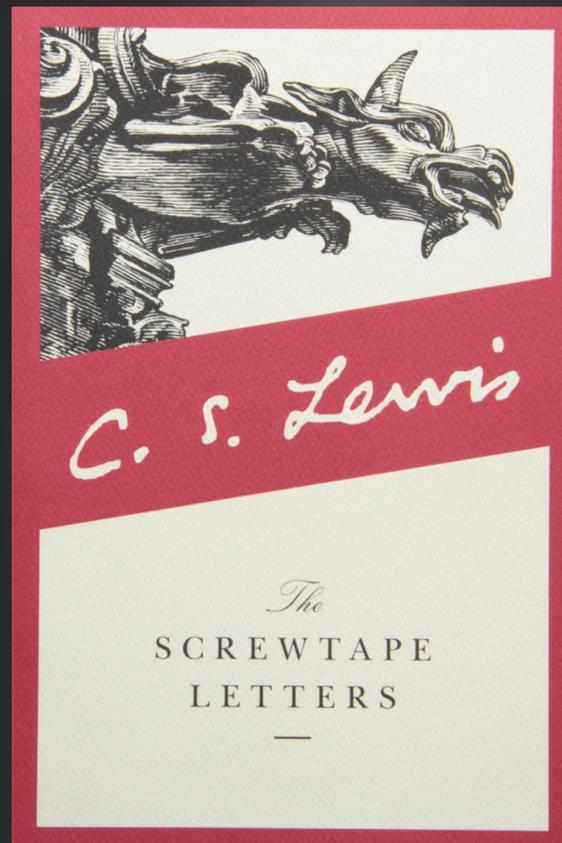
“And others are the ones sown among thorns. They are those who hear the word, ¹⁹ but the cares of the world and the deceitfulness of riches and the desires for other things enter in and choke the word, and it proves unfruitful.”



Matthew 6:31-33 ESV

“Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. ³³ But seek first the kingdom of God and his righteousness, and all these things will be added to you.”





“All the habits of the patient, both mental and bodily, are still in our favour.”

C.S. Lewis, *The Screwtape Letters*



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Scientific Benefits of
Decluttering

Physical Health
Mental Health
Finances
Disposable Time





Spiritual Benefits of **Simplicity**

Physical Health

Mental Health

Finances

Disposable Time

Romans 12:1 ^{ESV}

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.





Spiritual Benefits of **Simplicity**

Physical Health

Mental Health

Finances

Disposable Time

Romans 12:2 ^{ESV}

Do not be conformed to this world, but be transformed
by the renewal of your mind, that by testing you
may discern what is the will of God, what is good and
acceptable and perfect.



Spiritual Benefits of **Simplicity**

Physical Health

Mental Health

Finances

Disposable Time

2 Corinthians 9:11-12 ^{ESV}

You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God. ¹² For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God.



Spiritual Benefits of **Simplicity**

Physical Health

Mental Health

Finances

Disposable Time

James 4:13-14 ^{ESV}

Come now, you who say, “Today or tomorrow we will go into such and such a town and spend a year there and trade and make a profit”— ¹⁴ yet you do not know what tomorrow will bring. What is your life? **For you are a mist that appears for a little time and then vanishes.**



Outward Practice of
Simplicity

Buy for usefulness, not status

Reject anything producing an addiction in you

Reject anything that breeds oppression of others

Develop a habit of giving things away

Enjoy things without owning them

Schedule margin in your daily life

