

DEEPER SPIRITUALITY: BEST PRACTICES

Simplicity

God is the One who causes all things to be.
He is merciful and gracious, slow to anger,
and abounding in steadfast love and faithfulness.

The LORD our God has created us in his
image and called us to be holy as he is holy.

God has called us to be different
and to live differently.



Simplicity

Tips and best practices

On Simplicity

Before you purchase consider the true cost of that which you are buying.

Also, consider whether that purchase causes oppression or harm to others.

Also, consider whether you can enjoy it without owning it.

When you purchase, choose fewer items at better quality.

Where it seems reasonable, share things with neighbors.

Cultivate a practice of giving things away.

Create a budget and stick to it.

Don't fall for the myth of advertising.

Push back against greed.

Embrace and enjoy creation.

Embrace and enjoy simple things.

On Slowing

Set the cruise control. Drive the speed limit.

Drive in the slow lane. Don't text and drive.

Get there early.

Turn off notifications on your smart phone. Delete unnecessary apps.

Set boundaries around your phone.

Check email at set times throughout the day.

Set limits on social media and TV.

Stop multitasking. Single-task. Walk slowly.

Practice Sabbath. Solitude. Silence. Journal. Meditate on Scripture.

Take your vacation. Get away and be away.

Make your own food. Eat with people.



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