



## Spiritual Disciplines

# SESSION 6: SIMPLICITY

Based on *Celebration of Discipline*  
by Richard Foster

### Moving from Inward to Outward Disciplines

Icebreaker: Have you ever made an attempt to simplify your life? What happened?

#### Purpose:

- Create margins, spaces, openness in our lives to enjoy the riches of our Lord
- Create unity in lives with our Christian brothers and sisters
- Create freedom from the bondage to outer things, material possessions, and worldly things

#### Different Types of Simplicity

This psychosis permeates even our mythology. The modern hero is the poor boy who purposefully becomes rich rather than the rich boy who voluntarily becomes poor.

Richard Foster, *Celebration of Discipline*

#### RICHARD FOSTER'S TEN POINTS ABOUT SIMPLICITY

1. Buy things for their usefulness rather than their status.
2. Reject anything that is producing an addiction in you.
3. Develop a habit of giving things away.
4. Escape the traps of modern gadgetry
5. Learn to enjoy things without owning them.
6. Develop a deeper appreciation for the creation.
7. Look with a healthy skepticism at all "buy now, pay later" schemes.
8. Obey Jesus' instructions about plain, honest speech.
9. Reject anything that breeds the oppression of others.
10. Shun anything that distracts you from seeking first the kingdom of God.