

Dr. Ron Armstrong • July 26, 2020

Spiritual Simplicity Means Less Stuff, More Jesus

(See: The Ruthless Elimination of Hurry by John Comer)

Week #1. Choose deliberate “slowness.”

1. Slow enough to pray.
2. Slow enough to be.
3. Slow enough to enjoy the journey.
4. Slow enough to love and be loved. In God's economy, this is the prize.

Week #2. Choose the spiritual rest found in “solitude.”

1. Solitude is spiritual and emotional rest.
2. It's time alone with you, discovering you.
3. It's time alone with God to be quiet, listen, feel peace, and discover what the distractions have been hiding.

Week #3. Develop the gift of Sabbath God gave you.

1. The “never enough” lifestyle is damaging us.
2. Sabbath means to really cease from working.
3. Sabbath should be like a weekly holiday.
4. We need some new Sabbath traditions.

Luke 12:15 Then he said to them, “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”

Matthew 6:25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

.33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

“Civilization is the limitless multiplication of unnecessary necessities.” Mark Twain

A. Will you be happier with more?

1. Most of our culture is based on the promise that more stuff, money, or experiences will produce happiness. But do they?
 - a. We have twice the space for families that are half the size and then we rent storage space.
 - b. Gregg Easterbrook (2003) said, “Americans and Europeans have more of everything except happiness.”
 - c. At some point “more” always has a diminishing return.
2. The greatest danger to Christianity isn't atheism; it's materialism. Our stuff becomes our new idol.
3. The math is pretty straightforward:
 - a. More stuff = less time.
 - b. Less time = more hurry.
4. The spiritual discipline of simplicity isn't about living with nothing; it's about living with less.
5. How do I do it?
 - a. Out loud ask, “Is this a want or a need?”
 - b. If it's a want ask, “What's driving the desire?” Most of the time we are driven by “I want,” or “I fear.”
 - c. Practice waiting.
 - d. Think about enjoying instead of owning. The goal is the museum feeling (enjoying beauty) instead of the Amazon feeling (owning).

B. Fundamentally, it comes down to whom you are going to believe.

1. Culture, wants, and fear say “stuff.”
2. Jesus says, “Come unto me.”