



Secrets of Simple Living

FINDING CLARITY IN A COMPLICATED WORLD

MATTHEW 6:25-33 (NIV 1984)



THE *Complexity* CRISIS

THE PARADOX

More technology,
less peace;
more convenience,
more anxiety;
more possessions,
less contentment.

THE REALITY

Full schedules,
crowded minds,
and restless hearts.

THE HUMAN CONDITION

"God made us plain
and simple, but we
have made ourselves
complicated."

ECCLESIASTES 7:29 GNT



DEFINING SIMPLICITY

Richard Foster: an inward reality that results in an outward life-style.

“An outward spiritual discipline that serves to declutter life by single-mindedly focusing on obeying the will of God.”

(Celebration of Discipline, pg 101).

THE CORE TRUTH:

*Simplicity isn't just about having less; it's about having **ONE** clear focus: **God**.*

MATTHEW 6:25-33 (NIV 1984)

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 important than food, and the body more important than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Who of you by worrying can add a single hour to his life?"

MATTHEW 6:25-33 (NIV 1984)

³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well.

3 Pillars of Simplicity

JESUS OFFERS A SIMPLER WAY TO LIVE THROUGH:

- 1 A Single Focus (v 6:33a)**
- 2 A Steady Faith/Trust (vv 6:25, 27, 28, 31, 34)**
- 3 A Sacred Freedom (v 6:33b)**

1 *Single Focus*

THE COMMAND:	<i>“Seek first His kingdom”</i>
THE PROBLEM:	Divided attention - being pulled by career, finances, and expectations.
THE SOLUTION:	Choosing "<i>what is better</i>" like Mary sitting at Jesus' feet.
THE TRUTH:	A simple life begins when you settle one thing: God comes first.

2 *Steady Faith*

THE REPEATED COMMAND:	<i>“Do not worry”</i> (mentioned 6 times: 6:25, 27, 28, 31, 34 [x2])
THE LESSON FROM NATURE:	Birds and flowers are provided for without anxiety.
THE DEFINITION OF TRUST:	Knowing God sees, knows, and provides.
THE EXAMPLE:	George Müller, who provided for 10,000 orphans through prayer alone.



3 *Sacred Freedom*

THE PROMISE:	<i>“All these things will be given to you as well” (v 6:33b)</i>
THE WORLD’S YARDSTICK:	Success based on affluence, associations, accomplishments, appearance.
THE KINGDOM YARDSTICK:	<i>“Godliness with contentment is great gain” (1 Timothy 6:6).</i>
THE TRUTH:	Simplicity is not loss; it is freedom from comparison, greed, anxiety, insecurity.



Application: S.I.M.P.L.E

- **S**eek God First
- **I**dentify Excess
- **M**inimize Distractions
- **P**ractise Contentment
- **L**ive Generously
- **E**njoy God's Presence



Application: **S.I.M.P.L.E**

S • SEEK GOD FIRST

Make God your daily priority before checking your phone or tasks.

I • IDENTIFY EXCESS

Honestly evaluate physical clutter, emotional baggage, or digital overload.

M • MINIMIZE DISTRACTIONS

Limit screen time and create quiet spaces for God.



Application: **S.I.M.P.L.E**

P • PRACTISE CONTENTMENT

Shift from “I need more” to “God has given enough”.

L • LIVE GENEROUSLY

Hold things loosely; give until it "tickles," not until it hurts.

E • ENJOY GOD'S PRESENCE

Walk with Him, sit in silence, and worship without hurry.



S - SEEK GOD FIRST

- Start each day with God
- Pray and read Scripture
- Ask: What matters most today?



I - IDENTIFY EXCESS

- What is too much?
- Clutter, commitments, distractions
- Be honest and evaluate



M - MINIMIZE DISTRACTIONS

- Limit screen time
- Create quiet spaces
- Schedule Sabbath moments



P - PRACTISE CONTENTMENT

- **Be grateful**
- **Celebrate small blessings**
- **Resist comparison**



L - LIVE GENEROUSLY

- Give freely
- Hold possessions loosely
- Bless others



E - ENJOY GOD'S PRESENCE

- **Slow down**
- **Worship and rest**
- **Make room for God**



The Challenge

REMOVE

ONE

DISTRACTION

RELEASE

ONE

POSSESSION

REFOCUS ON

ONE

PRIORITY -

God



PRAYER
& Response

Reflection **QUESTIONS**

**Read Matthew 6:25-34 retrospectively.
Then discuss the following questions:**

- **What is currently dividing my attention from God?**
- **Where is worry complicating my life right now?**
- **What is one practical step I can take to simplify this week?**
- **How can I create more space to enjoy God's presence daily?**