



## Simplicity

HolyHabits

### Worship

Let's practise those Holy Habits with our 'theme song'!



<https://www.youtube.com/watch?v=h4nDQOYbiqE>

Then let's remember that we are aiming for others to see Jesus living in us as we sing 'Shine (from the inside out)' by Nick Jackson

<https://www.youtube.com/watch?v=Btbzli8sR1o>

### Word

We are all bombarded with messages about what we 'need' to be happy, successful, 'hip', someone that people want to be with and so on, every day of our lives - even as children. This week's holy habit calls us to live the simple life and to go after 'simplicity', which is opposite to what the modern world and culture tells us.



Look up Matthew 6:19-21. What do you think these verses are challenging us about?

**Simplicity:** This means uncomplicating and untangling my life from all the stuff and things that get in the way and take my eyes and my concentration off Jesus. Some things might be holding me back. Are there things that you want so much that your energy and focus is on that, rather than on God? Is there stuff that you have that is really, really important to you; more than just its worth (how much it cost) but that you believe you cannot live without?

For example: Do you long to have the newest game for your games console or the latest release of Lego or the most fashionable brand of trainers? Do you give so much time and effort into collecting all the different Hatchimals or sports stickers that your mind is always on this, wondering what the next will be?

Simplicity does not mean you have to give away all your things, or no longer want certain things, but it is about putting things into the right perspective; about realising how important they are - so is this 'stuff' as important as being healthy and happy? Is it helpful that I envy my friend having a newer version of a favourite game than me? Do I really need four pairs of shoes; are they all necessary? How much of my wanting more is because the adverts tell me I should have them or because my friends have them?

### Word cont...

What we need to realise is that our hope is in God, not in stuff! Verse 21 of Matthew 6 says that "wherever your treasure is, there the desires of your heart will also be". Simplicity is about taking time to stop and think about what is most important to us and where God fits into our life. God doesn't want us to go without, His heart is always to bless us, but He wants us to let go of our need of 'stuff' to allow more of Him into our lives - that is what this Holy Habits adventure is all about!

If you have time - read on to the end of Matthew chapter 6 and talk together about how God wants us to put our focus and energy and trust in Him and that God is far more important than money or 'stuff' - all of which God can provide.

### Activity suggestions



A great list of things to try to practise simplicity can be found here on Godly Play's website:

<https://www.godlyplay.uk/wp-content/uploads/2020/03/Ten-easy-things-to-do.pdf?fbclid=IwAR1A1VdSYcoecrC4hDh88ExiVTyrFfvjy7u1J0sPFYVLK7ZP70MPqw7YnU>

### Reflect



Allow yourself to lay back and allow the words of this great Rend Collective song 'Simplicity' to wash over you:

<https://www.youtube.com/watch?v=d8p3n5wzFpM>

Some things to wonder about in the coming week:

I wonder what my time is full with and where I need to create more space?

I wonder which things / belongings I see as really important and couldn't imagine living without? Why?

I wonder where my identity is? In my belongings/things or in God?