

Why do we need huge homes? Packed calendars? Expensive cars? Stuffed closets, basements, storage? Costly vacations? Why do we carry debt burdens? Have little left to help others? Why? We're tyrannized by the ambitious self, the demand for recognition through things, and a preoccupation with the opinion of others. Do you get sick of it?

Today, we continue our series, "CrossFit". In this 90-day program, we're looking at 12 daily disciplines to get us into spiritual shape. Today, let's look at the first outward discipline, Simplicity. In The Celebration of Discipline, Richard Foster says, "Duplicity is bondage. It brings us anxiety and fear. Simplicity is freedom. It brings us joy and balance."

The inward reality of simplicity... In Matthew 6:33 (ESV), Jesus says, "Seek first the kingdom of God and his righteousness, and all these things will be added to you." In The Celebration of Discipline, Foster says, "The inner attitude of simplicity is to receive what we have as a gift from God, to know that it is God's business, and not ours, to care for what we have, and to have our goods available to others."

The outward life-style of simplicity... Richard Foster has 10 ideas how to live a simpler life, for God, others, and yourself!

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. Refuse to be propagandized by the custodians of modern gadgetry.
5. Learn to enjoy things without owning them.
6. Develop a deeper appreciation for God's creation.
7. Look with 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.

That's a lot. But, live them out!

Let's pray. Lord, in [Matthew 13:44 \(ESV\)](#), Jesus says, "The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field." Lord, today, give us the courage, the wisdom, and the strength to hold the kingdom of God, in Jesus Christ, as the number-one priority of our lives. To do so is to live in simplicity!