# The Freedom of Simplicity



"When did things get to be so crazy?" she asked, balancing a baby on her hip while chasing a two-year-old. I raised an eyebrow, and she laughed. "No, it's not the kids," she objected. "I'm talking about life in general. Everything seems to be getting more and more complicated."

St John Church of Church

The Jerusalem Bible says, "God made man simple; man's complex problems are of his own devising" (Ecclesiastes 7:39).

Ben Huey, one of my former elders, told me, "Our lives are made complex by trying to hold on to two competing values." It's like Lot's wife who wanted to be saved, but she wanted to live in Sodom at the same time. Many of us can't decide what we want to be or what we want to get out of life. I think that's reflected in our desire to collect possessions. Arthur Gish said, "We buy things we do not want to impress people we do not like." We buy things because everyone else is buying it. Richard Foster added, "It's time we awaken to the fact that conformity to a sick society is to be sick."

So what happens when we try to live with duplicity? Worry! One

### ONLINE

Now meeti

#### **Children's Bible Class**

Pete and Penelope and Friends will be back next week, September 6 with new Bible stories and activities. There will activity packets available for all the kids. Contact Pam Turner if you would like packets sent to your kids. You can even watch previous episodes online through our website:

www.StJohnChurch.Org

#### **Adult Bible Class**

10:30 - 10:45 A.M.

James, the brother of Jesus, wrote one of the most downto-earth letters in the New Testament. Join us online today as John McKeel shares from his recent book, *James the Brother* of Jesus Speaks.

#### ONLINE

Worship

11:00 - 11:45 A.M.

You can join us online at https://StJohnChurchofChrist.org.



#### Continued from front page

of my favorite authors, Tim Hansel, wrote: "It is interesting to note that the word worry comes from the Greek word merimnao, which is a combination of the two words merizo, meaning 'to divide,' and nous, meaning 'mind.' Hence, worry means to 'divide the mind,' or to be 'double-minded."

Another result of trying to live in two worlds is confusion. We have more and more difficulty saying, "No!" E. Stanley Jones reminds us, "Your capacity to say 'No' determines your capacity to say 'Yes' to greater things." Of course, the Apostle Paul told young Timothy, "No one serving as a soldier gets involved in civilian affairs – he wants to please his commanding officer" (1 Timothy 2:4). So who is your commanding officer?

Do you feel helpless? Again that might be a sign you are trying to live in two (or more) worlds. Like unfocused light, lives without a clearly defined purpose are powerless.

So how can I find the simple life? First, be careful no to reduce simplicity to a set of outward actions. Again Richard Foster reminds us, "The Christian Discipline of simplicity is an inward reality that results in an outward lifestyle." James, the brother of Jesus, coined the word dipsuche, "double-minded" in James 1:2-8, but he also gives us the cure for that condition later in 4:8, "purify your hearts you double-minded!"

Jesus said we find the virtue of simplicity by becoming single-minded (Matthew 6:25-33). Here are some simple suggestions for living a simple life:

- Buy things for their usefulness rather than their status
- Reject anything that is producing an addiction (including Smartphones)
- Develop the habit of giving things away
- Learn to enjoy things without owning them (visit a museum)
- Develop a deeper appreciation of the creation (go for a walk)
- Beware of "buy now, pay later" (credit enslaves)
- Cultivate simplicity of dress and speech
- Strive to live in the present

The simple life begins when we find our center, our focal point. Have you decided what your center is?



# **A Place for Pictures**

Wild flowers continue to bloom across the Kansas prairie.



# **For Your Prayers**

Please pray for our schools: our students, teachers, and staff!

Garland and Dena Mansel's 60th anniversary is Sept 3rd. Let's spread the word! We want people to send cards. Their address is 311 East Third. Thanks!

Shirley Shelton was discharged from the hospital last week and is now home.

Maren's second transplant was scheduled for August 25th. Please keep this little girl in your prayers!

Don't forget to pray for Curtis as he wrestles with cancer.