



An Experiment in Simplicity

Step 1: Examine your life

Where do you long for greater simplicity? Where have you found yourself not seeking first the kingdom of God?

- *What master do you find yourself serving?*
- *What are you not leaving space for in your excess?*
- *To what might you be too attached?*

Step 2: **Explore patterns and root causes**

What motivates you to live in excess? What keeps you from living simply?

- *What benefit do you receive from excess?*
- *What false beliefs do you have about God that keep you from a life of simplicity?*

Step 3: **Imagine the life that is possible**

Imagine living a life of simplicity in this space.

- *Can you picture a life of simplicity in the space you desire?*
- *Describe how your life would be different if you lived simply in this area? Draw or paint a picture.
Write a story, a poem, or a song.*

Step 4: **Design your experiment**

What specific steps will you take to practice the discipline of simplicity? (Include a practice of both abstinence and engagement.)

▪ **Abstinence:** *What specific activity will you refrain from during this experiment?*

▪ **Engagement:** *Is there a practice or specific way you will invite God into the space you are creating?*

A good experiment:

- Is specific, measurable, achievable, realistic, time-bound, and avoids ambiguity.
- Requires intensity and daily consistency (*A daily or 5–6 times a week practice will yield more results than a 1-2 times a week practice.*)
- Includes both abstinence and engagement. (*What will you stop? What will you start as a healthy alternative?*)
- Corresponds to a positive vision of what is possible (Life in the Kingdom of God).
- Is taken as a serious promise and does not allow for exception or compromise.

Step 5: **Commit to your experiment and track it**

We have lived lives of excess for so long that living a simple life will require time, effort, consistency, and the formation of God. Do not try to solve your life in this one experiment, but choose realistic practices. Write them down. Commit to them personally. Build a plan to track your practices, and share your commitment with someone.

- *How will you remember and keep track of what you are committing to do?*