



# SIMPLICITY + SECRECY

**“Seek the Kingdom of God above all else, and live  
righteously, and he will give you everything you need.”**

Matthew 6:33

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As life becomes more outwardly simple,  
it becomes more inwardly rich.

Jan Johnson

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**Oftentimes, our lives seem more complicated, full, and busy than simple. Simplicity is a practice you can engage in to help organize and uncomplicate your life. In a culture where we are taught “more is better,” we can also be deceived into believing that certain things will make us happy, fill us, and satisfy us.**

As followers of Jesus who desire Christ's character to be formed in us, creating habits of simplicity can lead to more margin, space, and openness in our lives to be with him and live simply as Jesus did. Many of the ancients in the church, including monks and desert fathers, chose lives of extreme simplicity, having only a few belongings and a minimal wardrobe, in order to have more margin for the Lord and others in their life. Simplicity includes pursuing a simple life in various areas such as physical possessions, finances, clothing, pleasure, entertainment, and speech for the sake of focusing on what truly matters in life.

Secrecy is the practice of doing acts of service, praying for another, or blessing someone in a certain way, all in the spirit of anonymity. Doing things anonymously tends to go against our human nature. Instead, we are tempted to desire recognition for the things we do. Of course, there are moments in life where affirmation and celebration are important and welcomed, but practicing secrecy invites us to connect with the Lord in a unique way.

In secrecy we recognize that not all acts of service and good deeds need to be recognized. In secrecy we align ourselves with the heart of Jesus who performed miracles and did good deeds while not desiring to bring attention to himself. As we practice secrecy we are cultivating our capacities for a life of peace and freedom as opposed to competition, fame, and recognition.

## PRAYER & PRACTICE

### About 10 minutes:

Ask the Lord...

- *"Lord, what areas of my life do not seem simple?"*
- *"Lord, what do I often seem to want more of? What is the reasoning behind why I want more of this thing?"*
- *"Lord, how much of my identity is found in what I have and where I go?"*

### About 10 minutes:

Ask the Lord...

- *"Lord, in what ways can I pursue a life of simplicity?" (i.e. cleaning out your garage or closet, eating more simply, spending money more simply, getting rid of something I have a lot of yet do not need, where can I walk to instead of drive, simplifying my speech and the words that come out of my mouth, etc.)*
  - *Write down some areas of your life you would like to simplify or declutter and ask the Lord for vision, inspiration, and guidance:*
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### About 10 minutes:

Ask the Lord...

- *"Lord, how do I feel about secrecy? Is it hard for me to do acts of kindness and to love others in a way that is anonymous? Or do I seek recognition? Why?"*
- *"Lord, am I someone who others can come to in confidence with what is going on in their life and keep it a secret? Or do I feel like I need to share it with others? Why or why not? What is going on in my heart with this?"*
- *Find a day this week to do something for someone in an anonymous way.*

Ask the Lord...

- *Who: who would you have me do an anonymous act of love for this week?*
- *What: what would you like me to do for this person?*