



# KEEPING PACE

SETTING YOUR  
SPIRITUAL STRIDE

A 6-Week Spiritual Tracker Journal  
Christ United Methodist Church



## Week 4: Simplicity

"Simplicity sets us free to  
receive the provision of God  
as a gift that is not ours to keep and  
can be freely shared  
with others."

-Richard Foster



# Reflect

## Simplicity | Week 4

Implementing simplicity into our wheel of spiritual disciplines re-center our focus upon God. It takes our inward focus and turns it outward. Dietrich Bonhoeffer once said,

*“To be simple is to fix one’s eye solely on the simple truth of God at a time when all concepts are being confused, distorted, and turned upside-down.”*

When we begin to see things for their usefulness for the Kingdom of God, we begin the practice of decluttering our lives. We also walk into the words that Christ spoke upon the mountain,

*“But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well”  
(Matthew 6:33).*

The practice of simplicity is the discipline of letting go of the need to own and control the items, emotions, and it is creating space in our lives to set our affections on the kingdom of God around us. Simplicity helps us to view God’s provision against our own hungers for things in our lives and re-centers us on the gratitude of trust.

# Sunday Message Notes

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# Monday

Those who **trust** in their riches  
will **wither**,  
but the **righteous** will  
**flourish** like green leaves.

- Proverbs 11:28

## Stretching

What are the areas of growth  
I need to walk into today?

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## Hurdles

What are the obstacles that  
keep me from walking into this  
discipline today?

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Tuesday

Whoever is **faithful** in a very little  
is faithful also in **much**;  
and whoever is **dishonest**

in a very little is dishonest also in much.

- Luke 16:10

## Stretching

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## Hurdles

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# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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# Wednesday

Then he looked up at

his disciples and said:

"Blessed are you who are poor,  
for yours is the  
kingdom of God.

- Luke 6:20

## Stretching

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## Hurdles

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## Wins

Where did I see God moving  
in my life today?

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## Huddle

Prayers for today.

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# Wins

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# Huddle

Prayers for today.

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# Friday

As for those who in the present age are rich,  
**command them** not to be haughty,  
or to set their hopes on the uncertainty of riches, but  
**rather on God** who richly  
**provides us** with everything for  
our enjoyment.

- 1 Timothy 6:17

## Stretching

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## Hurdles

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# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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# Saturday

For the Lord your God is bringing you into a good land, a land with flowing streams, with springs and underground waters welling up in valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey, a land where you may eat bread without scarcity, where you will **lack nothing**, a land whose stones are iron and from whose hills you may mine copper. - Deuteronomy 8:7-9

## Stretching

What are the areas of growth I need to walk into today?

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## Hurdles

What are the obstacles that keep me from walking into this discipline today?

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# Wins

Where did I see God moving  
in my life today?

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# Huddle

Prayers for today.

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