

Tuesday Friends 1/9/24

## SIMPLICITY

*Use financial and natural resources carefully.*

*Value the spirit over material objects.*

*Keep popular culture in perspective to avoid distraction from what is truly important.*

*Keep life simple so we are free to live in harmony and alignment with soul's purpose.*

~From Connecticut Friends School Wilton CT

early Friends "saw that all they did must flow directly from what they experienced as true, and that if it did not, both the knowing and the doing became false. In order to keep the knowledge clear and the doing true, they stripped away anything which seemed to get in the way." ~Frances Irene Taber

the Quaker method of conducting business meetings is also applicable to the conducting of our individual lives, inwardly." If we can reach an inward unity on our primary intention, that of keeping God at the center at all times, simplicity will follow. ~Thomas Kelly

"Where your treasure is, there your heart will be also." ~Matthew 6:21

"The central point for the discipline of simplicity is to seek the kingdom of God . . . first, and then everything necessary will come in its proper order." If outward simplicity is not in the service of inward spirituality, and not a natural expression of that spirituality, it will become mere "legalism." ~Richard Foster

## Queries

- How does this value speak to you at this time in your life?
- What challenges do you find in living this out?
- What practices might help you live out this value?