

MAKING ROOM

PRACTICING SIMPLICITY IN A CROWDED WORLD

EXERCISE: THE GIFT OF LIMITS

1: The 24-Hour Pause

Why It Matters:

The world tells us to satisfy every desire instantly. Simplicity teaches us to wait—trusting God’s provision instead of chasing control or comfort.

Try It This Week:

Before buying anything non-essential, wait 24 hours.

- Ask: “Do I really need this—or am I trying to fill a deeper hunger? Will this feed my contentment in Christ—or my consumerism of this world?”

Let the pause grow your gratitude and contentment. If it’s driven by comparison or insecurity, practice saying no. Each “no” makes space for freedom and joy.

2: The Gratitude Declutter

Why It Matters:

Clearing space isn’t about minimalism—it’s about freeing your heart for gratitude and generosity.

Try It This Week:

Choose one area of your home (a drawer, shelf, or closet).

- Remove what you no longer use.
- Donate items in good condition.
- Thank God for each one as a reminder of his provision.

Pray that someone else would experience blessing through your giving.