

MAKING ROOM

PRACTICING SIMPLICITY IN A CROWDED WORLD

EXERCISE: LIVING WITH A SURRENDERED HEART

1: The “Seek First” Practice

Why It Matters:

Simplicity reorders our lives around what matters most—seeking God’s kingdom before anything else.

Try It This Week:

Write down Matthew 6:33 — “Seek first the kingdom of God and His righteousness.” Put it where you’ll see it daily.

Before your tasks begin, pause and pray:

“Father, what does it look like to seek your kingdom first today?”

2: The Open-Hands Give

Why It Matters:

Generosity breaks the grip of greed and makes room for hope.

Try It This Week:

Give something away—money, possessions, or time—to meet a real need. Do it quietly, without recognition.

Pray: “Lord, let this act loosen my grip and open my heart.”