

MAKING ROOM

PRACTICING SIMPLICITY IN A CROWDED WORLD

EXERCISE: CREATING SPACE

1: Prioritize What Matters

Why It Matters:

Simplicity begins with clarity. Knowing what matters most helps you say “yes” and “no” with purpose, so your life reflects the values of God’s kingdom.

Try It This Week:

Ask: “What matters most in this season?”

- List 3–5 core values or priorities that align with the kingdom of God.
- Look at your calendar: does it reflect those values? If you have kids, ask: “What does our schedule teach them about what matters most?” Make one tangible change this week to align your time with your priorities.

2: Silence the Noise

Why It Matters:

Our phones constantly compete for attention, leaving little room for peace. Simplicity calls us to quiet the noise so we can hear God and love people well.

Try It This Week:

- Go through your phone and turn off non-essential notifications.
- Establish one screen-free boundary—like during meals, the first hour after waking, or before bed.
- Notice how much more present you feel when the noise is gone.

3: Embodied Presence

Why It Matters:

Jesus modeled full, embodied presence—listening, walking, eating, and being with people. Simplicity means the ability to choose the slower, fuller, way of love.

Try It This Week:

Plan one unhurried, face-to-face moment this week—coffee with a friend, dinner with family, or a walk with a neighbor. Be fully there: no phone, no multitasking.

Reflect: What changed when I gave my full attention?

