

MAKING ROOM

PRACTICING SIMPLICITY IN A CROWDED WORLD

EXERCISE: A PEOPLE OF HOPE

1: The Open Hands Prayer

Why It Matters:

Hope grows in surrender. Open hands reflect a heart that trusts God's goodness even when life feels uncertain.

Try It This Week:

Each morning, sit quietly with open palms and pray:

"Lord, everything I have belongs to you. Help me live openhanded today."

At night, reflect on one way you experienced freedom or joy through surrender.

2: The Hope Lens Walk

Why It Matters:

Simplicity lifts our eyes from distraction to beauty. When we slow down, we begin to see hope everywhere.

Try It This Week:

Take a 10–15 minute walk without your phone.

Thank God for the good things you notice—small or large.

Ask: "Jesus, how can I bring your hope into the world around me?"