

A devotion from Lutheran Women's Missionary League–Canada

Simplicity = Contentment

Take a physical or mental walk throughout the rooms of your home. What do you really need? What could you do without? Can all this “stuff” and “clutter” rob you of precious time and energy? Do your wants and needs influence your shopping habits? Consider these questions in light of **Proverbs 30:8, 9**. What are the dangers of having “too much?” What are the dangers of having “too little?” What is the important factor leading to contentment? Read **Psalm 34:8**.

Take a look at your daily agenda or monthly calendar. What do you have planned? Do you feel overwhelmed by all that has to be done? Is it time to stop and assess what is important; why am I doing all that I am doing? What are you prepared to add to your schedule; to take away from your routine to gain more contentment? How do you decide? How do the words of **Psalm 31:15a** influence your decision? What, to you, would be a perfect day? Read **Psalm 118:24**; How does the fact that each day is a precious gift from God influence how we spend that day? See **Colossians 3:23**. How would our “perfect” day lead to contentment?

Take a look at your bankbooks, your investment portfolio. What is really important to you as you save/spend your money? Read **Hebrews 13:5**. How does the “love of money” confound our lives rather than bring us contentment? (Keep in mind that it is “the love of money” and not money itself that is evil, **1 Timothy 6:9, 10**) What is truly important in life? Reread **Hebrew 13:5**; see also **1 Timothy 6:6-8**.

Take a look at your relationships with friends and family. How do these interactions become complicated? What do we want from each other? What are we prepared to give? How do we simplify our relationships? See **Psalm 133:1**; **Mark 10:50**; **Ephesians 4:32**; **1 John 1:7**. How does this formula lead to contentment?

Read **Matthew 6:25-34**.

What concerns does Jesus address in these verses as He talks to the group assembled centuries ago? What are our concerns today? What are the simple solutions Jesus offered yesterday; and still offers today? See also **Psalm 37:23, 24**; **Philippians 4:6**; **1 Thessalonians 5:16-18**.

Read together “Take My life and Let It Be” TLH #400; LW #404, LSB #783, 784.

What are the simple things mentioned in this hymn? What is the contentment resulting from the simple things mentioned? P

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