The Discipline of Simplicity

This discipline is both something that comes very easy to me and one of my greatest challenges. When you look at my life, it is simple, I have one pair of everyday shoes, one pair of nice shoes and one pair of sandals. That is all I need. My closet has about 8 different shirts and flannels, and my dresser has about 10 t-shirts. I own one pair of pants, a couple of hats, and a couple of pairs of socks. I do not need fancy clothes or shoes, my style has very rarely affected me in any way, I usually use the same couple outfits and rotate t-shirts.

Some parts of the chapter I thought was good but not necessarily practical was the beginning, talking about throwing away the non-needs such as coffee, sweets, etc. I agree with the fact that when it comes to prioritizing those items over your needs can cause problems.

I believe that these can and sometimes do create complexity, but often it is the technology that causes us to be complex. That could be through video games on the PS4, or binge-watching the office on Netflix, maybe even watching sports! I know multiple people that have left church early to go watch a football/sports game.

I believe God wants us to enjoy the things He put on this earth, however, I can think of multiple times where I put off reading the Bible to finish my show or my video game. Often when I find myself doing this I try to do a “fast”. This works about 50% of the time because of the lack of accountability, my problem is not catching my addiction or slothfulness earlier causing the process of rehabilitation to be delayed and take longer.

In conclusion, I believe my personal life is very simple, yet I have to constantly and consistently catch myself from falling into a trap of binge-watching or another round of video games. I hope with this new mindset I can catch these things earlier making it easier to set down the remote!

Thanks!

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