**Living a simpler life**

The aim of these practices is to seek God through simplicity. Embrace simplicity as a spiritual discipline, drawing closer to God by focusing on what is essential in life.

**Week 1. Think about all the things you own and on what you buy:**

What is essential, brings joy or has a purpose. What could you give away to others?

Consider how you could focus more on needs than wants. Practice mindful consumption: before buying new things, ask yourself if they align with your Christian values and if they will genuinely enhance your life. Look at your weekly shopping list and see where you could live more simply.

**Week 2. Limit your digital and physical consumption:**

Be selective about the media, books, and digital content you consume. Unsubscribe from unnecessary emails, streaming services, and social media accounts that don’t add value to your life.

**Week 3. Cultivate Contentment:**

Practice gratitude: give thanks for what you already, rather than longing for what you lack. This shift in perspective helps reduce the desire for more.

Find joy in simplicity: seek fulfillment in non-material aspects of life, such as relationships, nature, creativity, and spiritual growth. Happiness comes from within, not possessions.

#### **Week 4. Embrace Generosity**

Think of someone you could bless this week, fostering a spirit of generosity. Could you provide a family with a meal or give a gift to a local charity?

Look for opportunities to share resources with others lending items, help at a warm space, or giving to those in need.