

## Simple Life: Simple Stuff

How do I simplify to make room for what matters most?

**1. Determine what I really want more of in life.** (Luke 12:13-21 NLT)

“What if the formula ‘more stuff equals more happiness’ is bad math? What if more stuff often just equals more stress?” – John Mark Comer, *The Ruthless Elimination of Hurry*

**2. Find contentment in the Creator, not merely in what’s being created.**  
(Philippians 4:10-13 NIV)

“Being content is not having everything, but in being satisfied with everything I have been given.”

Learn the art of contentment by:

- simplifying your stuff
- practicing generosity
- learning the benefit of waiting
- cultivating gratitude

**3. Practice thanksgiving daily, not just annually.**  
(1 Thessalonians 5:18 NLT)