



# Sacred Simplicity

*By: Whitney Davis*

## Sacred Simplicity

As women, we often find ourselves pulled in many directions—managing homes, careers, relationships, and the constant noise of modern life. We can easily fall into the trap of doing more, owning more, and striving for more, only to find our souls weary and distracted. But Jesus offers us a better way—a life of simplicity, not defined by lack, but by focus. Living simply is about clearing space in our hearts and lives so that God can take center stage. It's choosing what's eternal over what's temporary, meaningful over material.

### 1) Simplicity Begins with the Heart

*"Above all else, guard your heart, for everything you do flows from it." **Proverbs 4:23***

Simplicity is a spiritual posture before it becomes a lifestyle choice. Our outward busyness often mirrors our inner clutter—worry, fear of missing out, insecurity, or trying to meet everyone’s expectations. When our hearts are filled with unrest, no amount of organizing or time management will bring peace. True simplicity starts when we allow God to cleanse and quiet our hearts. This might look like spending quiet time in Scripture before checking our phones, asking God to search our motives, or letting go of comparison. A heart focused on Christ naturally desires a life centered on what matters most.

## 2) Simplicity Frees Us to Focus on What Matters

*“Martha, Martha, the Lord answered, “you are worried and upset about many things, but few things are needed—or indeed only one”* **Luke 10:41-42**

Martha wasn’t doing anything wrong—she was trying to serve Jesus! But in her effort to do more, she missed the opportunity to simply be with Him. Like Martha, we often fill our days with good things that crowd out the best thing. Simplicity helps us reorder our priorities. It teaches us that not everything that calls for our attention is worth our time. It might mean scaling back on commitments, saying “no” to over-scheduling, or choosing a quiet evening with family over a full social calendar. We find more joy and clarity when we focus on what truly matters—faith, relationships, rest, and obedience.

## 3) Simplicity is a Witness to the World

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind”* **Romans 12:2a**

In a culture driven by consumption and constant striving, choosing to live simply is a bold, countercultural statement. When we choose contentment over consumerism, peace over pressure, and purpose over popularity, we reveal that our identity is anchored in something deeper than the world’s standards. People are watching—not just how we live, but why we live that way. A woman who is free from the need to impress, accumulate, or achieve at all costs reflects a quiet strength rooted in Christ. Our simplicity becomes a living testimony of God’s sufficiency.

Simplicity is more than minimalism or organization—it’s a spiritual discipline. It is choosing to live lightly so we can live deeply. A simple life isn’t void of beauty or ambition; it’s filled with purpose, peace, and presence. When we simplify, we create space: space to breathe, space to listen, space to grow in Christ. Let’s stop chasing the temporary and start investing in the eternal. Let’s create lives that make room for joy, for love, and most importantly—for God.

## Prayer

Father, I confess that I often chase what doesn't satisfy. Help me to slow down and live with intention. Strip away the things that distract me from You. Teach me to live simply—not out of lack, but out of love and for what truly matters. Quiet my heart and help me walk in step with Your spirit. May my life reflect the peace and purpose that come from knowing You. I desire to live in freedom, not frenzy. In Jesus' name, Amen.

## Conversation Starters

- 1.) What are the “noises” in your heart that distract you from hearing God's voice?
- 2.) Are your daily choices drawing you closer to Jesus or just keeping you busy?
- 3.) What are some intentional ways you can choose to live more simply?

## Call to Action

- 1.) Choose one simple step this week to align your life more closely with God's heart: **1)** Clear the clutter: Pick one drawer, schedule item, or mental habit to let go of. **2)** Unplug and be present: Spend an hour tech-free, fully engaged with someone you love.
- 2.) Bless someone with something you no longer need, but they do.
- 3.) Write this declaration in your journal or phone: “I choose to live simply so I can live fully in Christ.”

**Commit to living a life of sacred simplicity—letting go of what distracts so you can hold more tightly to Jesus. Choose to quiet the noise, release the clutter, and focus on what truly matters: His presence, His purpose, and His peace.**

## Memorize

*“Above all else, guard your heart, for everything you do flows from it.”*

**Proverbs 4:23**