
“Low-Key” Spiritual Practices Pt. 1

Ivy Baptist Church Bible Study
Teacher: Pastor Kevin Swann
February 21, 2024

Goals of this series:

- To better understand the value of spiritual practices
- **To apply the studies spiritual practices into our walk with God**

Opening Thoughts:

- **1 Timothy 4:7:** Have nothing to do with godless myths and old wives tales; rather train yourself to be godly
- Training requires developing consistency
- Consistency comes through practice
- To train to be godly we must develop **SPIRITUAL** practices
- There are **MANY** spiritual practices
- More popular spiritual practices are prayer, praise, worship, etc.

This series will examine “low-key” spiritual practices

- **Unpretentious:** Not attempting to impress others with an appearance of importance
- **The 4 Spiritual Practices in this series don’t get as much recognition as others BUT ARE VERY POWERFUL**

Low-Key Spiritual Practice #1: Simplicity

- **Simplicity:** The state of being uncomplicated
- **LIFE** can get **VERY** complicated at times
- **When life gets complicated it makes it harder to focus on what’s REALLY important**

What are some things that make life more complicated?

- Our culture does **NOT** embrace simplicity
- We are taught that having **MORE** is better
- We are conditioned that being “busier” means a more rich and full life

Spiritual attacks around Simplicity

- The enemy wants your plate to be **FULL**
- The enemy wants you always in “pursuit” mode
- The enemy wants us focused on “having” and “doing” whatever we want

LOVE | **GROW** | **SERVE**

What does the Bible say about Simplicity?

- Matthew 6:19-21: 19 Do not store up for yourselves treasures on Earth, where moths and vermin destroy and where thieves break in and steal. 20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy and where thieves do not break in and steal. **21 For where your treasure is, there your heart will be also.**

Spiritual thoughts on Simplicity:

- Leaving more space and openness to love God and others
- It “declutters” our minds to appreciate the “smaller” things
- Simplicity brings freedom
- LESS is MORE!

How do I practice simplicity so I can better honor God?

- You must practice LETTING GO!
- You must practice valuing THE LITTLE THINGS!
- You must practice being clearer in your priorities. God over ALL!

Matthew 5:33-37 on Simplicity:

- 33 Again, you have heard that it was said to the people long ago, “Do not break your oath, but fulfill to the Lord the vows you have made.” 34 But I tell you, do not swear an oath at all; either by heaven, for it is God’s throne; 35 or by Earth for it is His footstool; or by Jerusalem, for it is the city of the Great king. 36 And do not swear by your head, for you cannot make even one hair white or black. **37 All you need to say is simply “Yes” or “No;” anything beyond this comes from the evil one.**

Conclusion on Simplicity:

- Jesus lead a simple life; so should we
- We were not created to have it all! All doesn’t leave room for God!
- Who/what do you need to “let go” to lead a more simple life for the Lord?

IVY

LOVE | GROW | SERVE