

# Simplicity

*'Who is simple? Let him come this way.'  
To the fool she says, 'Come and eat my bread,  
drink the wine which I have drawn!  
Leave foolishness behind and you will live, go  
forwards in the ways of perception.'*(Proverbs 9:4-6)

Simplicity is a state of mind that shows itself in my primary intentions. I am being simple when my primary concern is *to do what is good, and what the LORD requires of me: Only to do justice and to love goodness, and to walk humbly with my God* (Micah 6:8).

My life can be somewhat compared to basic raw materials and these matter less as to what they are as to how they are put together. The work of a master and that of a dilettante may share the same common elements. As I go through the world I am graced with spiritual gifts and my task is to cooperate with the Father, Son, and Holy Spirit as they guide me in using and perfecting these gifts.

*The revelation of your words sheds light,  
gives understanding to the simple.*(Psalm 119:130)

Just as every picture has a frame to enhance it I can look upon my spiritual life as the picture and the worldly concerns as the frame. In this way I can emphasize that my spirituality is at life's center and not to be smothered by the deluge of secondary things that are constantly bombarding me, and not enhance the frame while I neglect the picture.

I remember when I was a young boy my father bringing home this oil painting of the Sacred Heart of Jesus which he bought from someone during an evening social hour. While it was unsigned it was done by an artist who stretched his own canvas. The point is that I always recall the picture being there as I would exit the house. After being away for a number of years, my father passed on, the house was being demolished on one of my hometown visits and there thrown on an outside scrap pile was the picture so I picked it up and stored it at an in-laws house where I was visiting. For a number of years it remained thrown into the corner of a closet but when I began to experience conversion it quickly came into my possession again. The frame was in poor condition so I bought the materials to repair it but after further thought I decided to leave the frame as is as a reminder of what is of central importance and now I always see it as the first thing upon entering the front door of my home.



As I contemplate His Sacred Heart I can meditate upon the secrets of my own heart and ask myself what keeps me from loving God and neighbor as I know I should. Jesus once said we must become like little children, meaning simplicity in trust and an undivided heart.

A spiritual writer once advised this simple prayer:

Father of truth,  
I desire to be simple, unassuming,  
unpretentious in my daily life.  
In this way I can prove myself to be a  
true child of yours.

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*The law of the LORD is perfect,  
refreshing the soul. The decree of the  
LORD is trustworthy, giving wisdom to  
the simple. (Psalm 19:8)*

*It is from the fullness of the heart that  
the mouth speaks. (Matt 12:34b)*

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