A GUIDE FOR PRAYER AND REFLECTION

# Advent Simplicity

*"Simplicity is the arrangement of life around a few consistent purposes—so that we can give adequate time and energy to the things that matter most."*

— DALLAS WILLARD

Take a few minutes in prayerful reflection with the questions and prompts below to enter the Advent season with greater simplicity and focus on what matters to you most.

> How might your spiritual practices be shaped to allow for greater reflection on Jesus during Advent?

> How will you prioritize the most important people and activities for yourself and your family? Is there a time you can sit down and talk this over with them?

> What do you need to eliminate, decline an invitation to, omit or avoid altogether to keep Advent simple?

> What might a simpler Advent afford you? How might this enable you to be more present to God and to those around you?

> Imagine yourself on the other side of Advent. How are you hoping to describe your sense of rest in body, mind, and soul?

LISTEN TO A PODCAST ON ADVENT SIMPLICITY FOR ENCOURAGEMENT

**Resisting Excess and Exhaustion** *(Simplicity)*
Season 37, Episode 1
https://www.leadershiptransformations.org/podcast/2025/12/02/steve-macchia-and-matt-scott-resisting-excess-and-exhaustion-simplicity-season-37-episode-1/



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