

tired and scattered than we did before?

I love this verse from Jeremiah because it reminds me that living simply—that simplifying my focus—is something God is interested in, something he'll help me with. Here's what it says:

“I will give them a singleness of heart and action, so that they will always fear me for their own good and the good of their children after them.” Jeremiah 32:39

A singleness of heart and action. Sounds like a simple focus to me. Knowing what's important and pursuing it, rather than having a focus that's divided and pulled in too many directions.

Ultimately, a simple focus is one that reflects these words of Jesus: “Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow” (Matthew 6:33, *The Message*).

J: Jeremiah 32:39

“Living a simpler life involves changing our focus.”

—from “A Simple Life,” *Living Simply*, page 40

For me, living simply is more about focus than it is on externals. Living simply is more about attitude and attention than about how many clothes are hanging in my closet or what next week’s calendar looks like.

Don’t get me wrong—those things are important too. But what’s most important to me, what makes the biggest difference in my life in the life of my family is our focus.

Are we more focused on things that draw us together as a family, or things that if left unchecked can pull us apart? Are we more focused on things that add to our quality of life, or on things that leave us feeling more