

We recently sat down and had a conversation about Sundays. Together we decided that we all need Sundays to be fun, relaxing, and restful. We need to get to bed on time in order to start the week well.

So *together* we decided that means we don't do activities on Sunday afternoons—unless it includes the whole family. That means no birthday parties, no play dates, no rounds of golf, or girlfriend time. Instead we take naps, have Sunday dinner with extended family, or stay home and play.

Of course, invitations still come in the mail; opportunities for one of us to do something fun come up. But because we decided *together* that this would be best for our family, no one has to be the bad guy. “Oh, I can't go, 'cause it's on a Sunday,” the girls will say. No argument, no complaining—because they were part of making the rule.

“None of this going off and doing your own thing.” Colossians 3:15 (The Message)

I: Include your family

“As much as I’d like to go off and do my own thing [from time to time]...as a member of my family I’m required to take the rest of them into account!”

—from “A Simple Family,” *Living Simply*, page 92

As a wife and mother, there are definitely some things you can do on your own to live more simply. You can clean out your closet, do one thing at a time, say no to some activities. But if living simply is going to be a family affair, it has to include the whole family.

Yes, you can make rules and set some guidelines—but you’re going to have a much easier time enforcing those rules and guidelines if your family is involved in making them. What will it look like for your family to live more simply? Ask them!