

The background of the slide is a light gray gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered on the slide.

# CHRISTIAN MINIMALISM

REV. DR. BECCA EHRLICH

The image features a light gray background with a subtle gradient. In the top-left and bottom-right corners, there are several realistic-looking water droplets of various sizes, rendered with soft shadows and highlights to give them a three-dimensional appearance. The text "WHAT IS MINIMALISM?" is centered in the middle of the page in a bold, black, sans-serif font.

**WHAT IS MINIMALISM?**



The background features a light gray gradient with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# **MINIMALISM**

A FOCUS ON THE ASPECTS OF LIFE THAT MATTER MOST,  
AND INTENTIONALLY REMOVING EVERYTHING ELSE

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**WHAT ARE THE ASPECTS OF LIFE THAT MATTER MOST?**



# THE MINIMALISTS' LIST OF WHAT MATTERS MOST:

- HEALTH
  - RELATIONSHIPS
  - PASSION
  - GROWTH
  - CONTRIBUTION
- 

# WHAT GETS IN THE WAY OF US FOCUSING ON THE ASPECTS OF LIFE THAT MATTER MOST?

- MATERIAL POSSESSIONS & UPKEEP
- MONEY SPENDING HABITS
- TIME AND ENERGY SPENDING HABITS
- TAKING ON TOO MUCH
- OTHERS....?

# MINIMALISM AIMS TO CUT THROUGH THE CLUTTER TO FOCUS ON WHAT REALLY MATTERS

- IDENTIFYING WHAT'S MOST IMPORTANT
- INTENTIONALLY REMOVING EVERYTHING ELSE
- MINIMIZING/DECLUTTERING/GETTING RID OF STUFF & COMMITMENTS
- INTENTIONAL CONSUMPTION OF GOODS, TIME, ENERGY, AND MONEY

=

FREEDOM OF MORE TIME, ENERGY, AND FINANCIAL RESOURCES TO FOCUS ON  
WHAT MATTERS MOST!



**THERE IS NO “RIGHT” WAY TO BE A MINIMALIST.**

IT IS *PRESCRIPTIVE* RATHER THAN *RESTRICTIVE*.

IT IS A LIFESTYLE THAT CAN BE ADJUSTED FOR YOUR  
PERSONAL CONTEXT AND CURRENT LIFE SITUATION.




# MY MINIMALISM JOURNEY





# DISCUSSION

- WHAT DO YOU THINK ABOUT MINIMALISM?
  - WHAT ASPECTS OF MINIMALISM COULD YOU SEE YOURSELF TRYING?
  - WHAT QUESTIONS DO YOU HAVE ABOUT THE MINIMALIST LIFESTYLE?
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# CHRISTIAN MINIMALISM

- I WANTED TO CONNECT MINIMALISM WITH CHRISTIANITY– WHY IS NO ONE DOING THIS???
- JESUS: “I CAME THAT THEY MAY HAVE LIFE, AND HAVE IT ABUNDANTLY.” (JOHN 10:10)
  - WHAT DOES THIS ABUNDANT LIFE LOOK LIKE?
- JESUS: “TAKE CARE! BE ON YOUR GUARD AGAINST ALL KINDS OF GREED; FOR ONE’S LIFE DOES NOT CONSIST IN THE ABUNDANCE OF POSSESSIONS.” (LUKE 12:15)



# WHAT MATTERS MOST IN CHRISTIAN MINIMALISM:

- FELLOWSHIP
  - SELF-CARE
  - STEWARDSHIP
  - SPIRITUAL GROWTH
  - VOCATION
  - SERVICE
- 

# FELLOWSHIP

- GOD CREATED US TO BE IN COMMUNITY
- WE ARE ALL MEMBERS OF THE BODY OF CHRIST (1 CORINTHIANS 12) AND BEAR ONE ANOTHER'S BURDENS
- GOD IS IN THE DIVERSITY BUSINESS
- FORGIVENESS/TOXIC PEOPLE
- TECHNOLOGY— A DOUBLE-EDGED SWORD
- NO ONE ACTIVELY DYING WISHED THEY SPENT MORE TIME WORKING... THEY USUALLY WISH THEY SPENT MORE TIME....[FILL IN THE BLANK]

# SELF-CARE

- PHYSICAL
- MENTAL
- EMOTIONAL
- INTELLECTUAL
- RELATIONAL/SOCIAL
- FINANCIAL
- SPIRITUAL
- SABBATH/REST

# STEWARDSHIP

- UTILIZING AND MANAGING ALL RESOURCES GOD PROVIDES US, TO THE GLORY OF GOD AND FOR THE BUILDING UP OF GOD'S REALM ON EARTH
- TIME
- ENERGY
- MONEY
- POSSESSIONS
- SPIRITUAL GIFTS
- CREATION

# SPIRITUAL GROWTH

- PARING DOWN THOSE THINGS THAT KEEP US FROM FOCUSING ON GOD
- PRAYER/SCRIPTURE/TIME WITH GOD
- LET GO/SURRENDER
- SPIRITUAL PRACTICES (EX: CENTERING PRAYER, JOURNALING, PRAYER WITH ART, ETC.)
- FASTING

# VOCATION

- FROM THE LATIN *VOCARE* “TO CALL”: OUR CALLING FROM GOD
- BAPTISMAL CALLING
- PERSONAL CALLING
- SPIRITUAL GIFTS
- WORKISM
- DEFINING “SUCCESS”

# SERVICE

- CHASING SATISFACTION ONLY KEEPS US FROM OUR LIFE'S MAIN FOCUS: LOVING AND SERVING GOD AND OTHERS
- AN ATTITUDE OF GRATITUDE
- ECONOMIC DISPARITY & JUSTICE
- PURSUING WEALTH & POSSESSIONS AS DETRIMENT TO RADICAL GENEROSITY
- HOARDING IN TIMES OF CRISIS= OPPOSITE OF RADICAL GENEROSITY
- PROSPERITY GOSPEL
- SERVING LOCALLY/NATIONALLY/GLOBALLY

# CHRISTIAN MINIMALISM

- JESUS IS CLEAR: THE GOAL OF LIFE IS NOT MATERIAL WEALTH, FAME, OR HUMAN ACCOMPLISHMENTS. HE CONSTANTLY SPEAKS AGAINST DERIVING MEANING FROM THESE THINGS.
    - WHO'S THE GREATEST?...LAST OF ALL AND SERVANT OF ALL (MARK 9:33-37)
    - LAST SHALL BE FIRST (MATT 20:16) /CALLED "NOT TO BE SERVED, BUT TO SERVE." (MARK 10:45)
    - JESUS TALKED A LOT ABOUT MONEY AND MATERIAL POSSESSIONS. (LUKE 16:13, MARK 12:41-44, ETC.)
      - 16 OF THE 38 PARABLES JESUS TOLD ARE ABOUT MONEY & POSSESSIONS.
      - IN THE GOSPELS, 1 OUT OF EVERY 10 VERSES HAS TO DO WITH MONEY.
- \*IN THE WHOLE BIBLE, MORE THAN 2,000 VERSES ARE ABOUT MONEY AND/OR POSSESSIONS!\*

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# JESUS' MINIMALIST LIFESTYLE

“YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’ THIS IS THE GREATEST AND FIRST COMMANDMENT. AND A SECOND IS LIKE IT: ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ ON THESE TWO COMMANDMENTS HANG ALL THE LAW AND PROPHETS.”

(MATTHEW 22:37-40)



**JESUS: “FOR WHERE YOUR TREASURE IS, THERE YOUR  
HEART WILL BE ALSO.” (LUKE 12:34)**

WHY COULD THIS BE CONSIDERED THE MISSION STATEMENT FOR  
CHRISTIAN MINIMALISM?



# THE MEANING OF LIFE

- AS CHRISTIANS, WE ARE CALLED TO BE COUNTER-CULTURAL AND STRIVE TO BE MINIMALISTS IN A CONSUMER SOCIETY—BECAUSE WE KNOW THAT OUR LIFE'S MEANING IS NOT WRAPPED UP IN MATERIAL THINGS, WEALTH, FAME, FORTUNE, OR HUMAN ACCOMPLISHMENTS/ACCOLADES.
- IT IS THROUGH JESUS CHRIST, AND WHAT HE DID FOR US BY DYING ON THE CROSS AND HIS RESURRECTION, THAT OUR LIVES HAVE MEANING.
- WE HAVE ONE LIFE (YOLO!). HOW CAN WE FOCUS ON WHAT MATTERS MOST TO LOVE AND SERVE GOD AND OTHERS???. HOW CAN GOD HELP US TO DO THIS???

# CHRISTIAN MINIMALISM IN CONGREGATIONS

- GOD'S MISSION
- BUDGET
- MINISTRIES
- ABC'S (OR NOT??)
- THE DREADED STORAGE CLOSETS
- WHAT MATTERS MOST? WHAT IS KEEPING US FROM WHAT IS MOST IMPORTANT?



“

Spiritual identity means we are not what we do or what people say about us. And we are not what we have. We are the beloved daughters and sons of God.

~HENRI NOUWEN

# CASE STUDY: SHOPPING FAST



# DISCUSSION

- HOW CAN CHRISTIAN MINIMALISM HELP SOMEONE IN THEIR DAILY WALK WITH JESUS?
- WHAT PARTS OF CHRISTIAN MINIMALISM EXCITE YOU? TERRIFY YOU? MAKE YOU UNSURE?
- HOW WOULD YOUR LIFE AND YOUR FAITH BE DIFFERENT IF YOU INCORPORATED ASPECTS OF CHRISTIAN MINIMALISM INTO YOUR OWN LIFE?
- WHAT IS ONE THING YOU CAN TRY TODAY/THIS WEEK/THIS MONTH?
- WHAT ARE SOME OTHER WAYS THAT THESE CONCEPTS COULD TRANSLATE TO CONGREGATIONS/FAITH COMMUNITIES?



**QUESTIONS?**

**OTHER THINGS ABOUT CHRISTIAN MINIMALISM YOU  
WANT TO DISCUSS?**





THANK YOU!

[WWW.CHRISTIANMINIMALISM.COM](http://WWW.CHRISTIANMINIMALISM.COM)

***CHRISTIAN MINIMALISM: SIMPLE STEPS FOR  
ABUNDANT LIVING***

