

10 Guiding Rules for Simplicity

-by Richard Foster (Quaker theologian)

1. Choose usefulness over status.
2. Reject things that are addictive to you (if the thought of not having something sends you into a panic, that thing probably has a destructive hold on you.)
3. Habitually Give -give things away regularly and become open handed with your possessions remembering that all is a gift.
4. Refuse the propaganda of gadgetry.
5. Enjoy things without owning them (borrow, rent, visit, enjoy.)
6. Appreciate Creation. Spend time in nature.
7. Stay as debt-free as you can. Be a sceptic of “buy now, pay later”.
8. Use plain honest speech (Let your ‘yes’ be ‘yes’, and your ‘no’ be ‘no’. Don’t try impress or manipulate your words.)
9. Reject the oppression of other (including indirectly through what we buy.)
10. Turn away from anything that gets in the way of seeking first the Kingdom of God. (Even good things can take the place of God. God must be kept at the center.)

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