

## **Holy Simplicity: Clearing Away What Distracts, Burdens, or Falsely Defines Us So We Can Live More Freely (In the Home & In The Soul), Part 2**

**With Katie Sciba**

### **Reflective Questions**

*“The will, therefore, is then truly free, when it is not the slave of vices and sins.”*

St. Augustine

1. Is there a reason you’ve avoided cleaning out the trash—both in your physical space or spiritual life— sooner?
2. Where in your home or workspace can you begin clearing the trash? What small, but frequently used and visible area of your space can help motivate you to continue on this path?
3. What lies does the trash—again, both physical and spiritual—in your life tell you? What falsehood have you begun to believe about yourself?
4. What in your life is working against God’s call for you? What patterns or habits aren’t bearing good fruit, and need to be “thrown out”?