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### **"Go. Sell All that You Have and Follow Me." Being Happier with Less**

We know Jesus's famous command: Sell all that you have and follow me. It makes the rich man in Luke 18:22-23 very sad because he has a lot of things.

And we don't tend to follow Christ's command either (I like my registry fine china, thank you very much). But why not? Does it sound too radical? Maybe we are unsure we can survive like that. Maybe we don't totally trust in God's care for us.

Whatever our reasons for following and not following our different vocations, I'd like to take a look at a secular movement that maybe could inspire us.

The New York Times recently profiled a young married couple who gave up their two-bedroom apartment for a studio, sold all their things until they lived with nothing but 100 personal items (including clothes, bedding, etc) each, and got out of debt and got a lot happier.

Read their story [here](#). Basically, we can actually be happier with less things as long as we have the right attitude. Indeed, it's the attitude that only ever mattered, not the things. One thing the article points out is that having all kinds of nice junk in our house isn't what makes us happy. Spending money on experiences (such as a vacation or a concert) is more meaningful than accumulating stilettos, HD TVs and coordinated furniture. Life is about cultivating relationships, loving (God), and experiencing meaningful things together.

All of this kind of reminds me of the contemplative life. A blog I subscribe to summarized a book on the contemplative life of prayer by Walter Burghardt. One of the pieces of advice Burghardt gives is:

Fourth, learn to let go, to not possess, to let experiences and things be ephemeral. Most of us are conditioned when we see something beautiful—a sunset, a flower, a cute puppy, or our own children—to take a picture. The contemplative life savors the moment but lets it pass.

Let it pass. How novel. It makes sense though. I used to spend hours making scrapbooks

of every vacation, but I don't usually look back at them. The memories are valuable in themselves. Life is like that too. Spending money to show social status doesn't tend to buy any joy. Minimizing our worldly needs in order to focus on the things that really matter: our friends, our families, beauty in the world, God, love, etc, allows us to develop true inner happiness and peace. The kind of peace that seeks Christ and creates a space for him to dwell in you and you in him.

Maybe the call to sell everything is as radical as it sounds. Maybe it's more of a radical shift in attitude towards the things that really matter. Christ wants to fill us with the joy and wholeness of following him. Maybe the call is a littler bit different for each person.

But definitely, we should do a double take at all the stuff cluttering our lives. Perhaps they represent more worldly attachment than we realize.

What do you think of the call to sell all you have? How do you think the contemplative life of prayer calls people to live? What is the role of possession in your life?

Source:<http://www.revelife.com/731418285/go-sell-all-that-you-have-and-follow-me-being-happier-with-less/>