

**Notes for Seminar:
The (Tricky) Refuge of Simplicity**

Presenter: Timothy Quek

Philip said, "Lord, show us the Father and that will be enough for us." (John 14:8)

Read Jesus' response to Philip and ask yourself, "What is Philip's problem?"

Remember that Philip was never in doubt that Jesus is the prophesized Messiah (John 1:45).

Definition of Simplicity

True Simplicity is the approach of uncomplicated patient tranquility towards all things.

Take note of the three foundations of true simplicity.

"Simplicity" as a Refuge

1. Under situations of stress, our brains hyperfocus (*Snowstorm effect*)
2. Hyperfocus reduces psychological permeability and decisions are made without context
3. The efforts under stress are solution-based rather than people-based
4. Once the solution is arrived at or once the stress clears, tolerance for other factors is restored (sometimes a little too late).

Misunderstandings of Simplicity

Is the simplest way always the best way?

Is the truth always simple?

Should we all pursue a simple life?

Are the best things in life always the simplest?

Is the simplest explanation always the best?

At issue is the definition of simplicity.

What Simplicity Isn't

1. Complication, not complexity, is the enemy of simplicity
2. Simplicity does not always equal less. (Oversimplification)
3. Simple cannot be confused with "short". The "Shortest Route" may not be short. (Impatience)

Contrast: Complexity vs. Complication

Impatience is a fundamental complication

Over Simplification of the Complex creates Complications

If Simplicity is to be a true refuge, then complications, impatience and over simplification have to be regarded as true enemies.

Operating in True Simplicity

Ask: What are the extraneous factors?

Never go without counsel or accountability

Accept complexity

Don't be tempted by short-cuts.