

Footsteps Along the

Your word is a lamp to my feet and a
light to my path. Ps. 119:105

WAY



**Footprints
From the Bible**

Cynthia Davis,
Author

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SIMPLICITY

"This is our boast, the testimony of our conscience: we have behaved in the world with simplicity and godly sincerity, not by earthly wisdom but by the grace of God" (II Cor. 1:12)

Lent has come again, an opportunity to simplify our lives. Often simplicity is considered to be 'getting back to the basics', like giving up technology and processed food. A look at the citation from Paul's letter to the Corinthians and a quick check of the dictionary help give a clearer perspective.

Webster's dictionary says that simplicity is the state of being uncomplicated, freedom from subtlety or guile. Paul says, 'we behaved...with simplicity...not by earthly wisdom but by the grace of God.' Simplicity is a way of life that proclaims **Whose** we are by the way we live each day. It is knowing that all we do is accomplished only through the grace of God.

Simplicity in the Biblical sense is more than giving up something for Lent. If you are, like many of us, snared by some of the trappings of the world, then giving up something may be a good discipline to start on the road to simplifying your life. On the other hand, changing the way you live life in relation to family, friends, co-workers, and strangers, may be just as important.

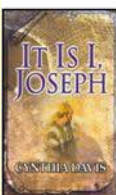
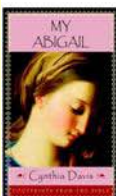
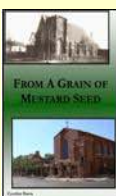
I am reminded of Jesus comment when he met Nathanael, "Here is truly an Israelite in whom there is no deceit!" (John 1:47) Even before he was introduced, Jesus recognized that Nathanael lived his life simply and honestly. Nathanael knew that his life was governed and grounded in God.

You have probably started some Lenten discipline. If not, I would encourage you to consider living more fully into your faith walk during these forty days by living a life of simplicity—a life of honesty and 'godly sincerity', so that others may look at you and say, 'truly this is a person who has been with God.'

My own Lenten discipline is to try and slow down the pace of my life to enjoy the *now*. I hope that will help me be more authentic and open to hearing God. To be honest, I don't expect that it will be easy—my 'to do' list has too many things on it! However, that is the point of simplifying, isn't it—to change some habits. One thing on my 'to do' list is my Lent blog where I plan to look at some of the women of the Bible and how they simplified their lives to discover the truth about the work of God in their lives. I hope that writing the blog will not only remind me of my Lenten plan, but offer some insight to random readers who happen to stop by. In case you haven't checked out the blog it's at <http://footprintsfromthebible.blogspot.com>.

The little e-card above came to me in an email. (How did we share all these fun things before email?) I think it is a perfect reminder of

"The Will of God never takes you to where the Grace of God will not protect you" is from a longer poem, listed as author unknown. If you want to read it all, you can go here or several other web links: <http://my.homewithgod.com/mkcathy/inspirational/godswill.html>.



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www.CynthiaDavisAuthor.com

Email Cynthia at:

[cdavis@CynthiaDavisAuthor.co](mailto:cdavis@CynthiaDavisAuthor.com)

[m](mailto:cdavis@CynthiaDavisAuthor.com)

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Signings & Sightings

Feb. 21-Easter—Simplify with Women of the Bible during Lent at
<http://footprintsfromthebible.blogspot.com>

June 4-5—Annual Chama Book Fair at Cookin' Books

Watch for information on the upcoming release of *Mary, My Love* this year! Go online to vote for your choice of cover at
[http://cynthiadavisauthor.com/signing.htm!](http://cynthiadavisauthor.com/signing.htm)

Recipe from Footprints

This year, newsletter recipes will be for beauty and home products that Women of the Bible might have used. Using simple household products, you can try out ageless beauty secrets.

This month, for other recipes using **Salts**, check out the new **Bible Beauty** page on my website!



Sarah's Citrus Bath Salts

1 C Epsom Salts or coarse Sea Salt
½ - 1 t. lemon oil
1-2 drops food color of your choice

Mix together with fingers until the color is evenly mixed through the salt. You can add 1 t. glycerin if you want. Store in baggies or air tight container. Use 1-2 T in your bath water.

The lemon salts will make a nice relaxing, sweet scented bath experience.

It probably goes without saying, but if you are allergic to any ingredient in these natural beauty products, please do not try them!