

I can recall watching a survival show where the man who ended up winning displayed frugality to the utmost. He did not waste but made the most of a Musk Ox he harvested near the Arctic Circle. The sustenance, warmth, nutrition, and attention to detail ensured that it was not just a trophy, but also a tool to advance the cause of life and survival.

Here, in the practice of Frugality, as Willard puts it, “we abstain from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour, or luxury.”

The writer of Proverbs talks about making the most of what God has entrusted for the sake of a pure heart and faithful stewardship. Too much? He knows his heart enough to want to avoid taking credit for the good. Too little? He knows his heart enough to not want to dishonor God by a lack of trust and taking things into His own hands. It’s an opportunity for us to be vigilant against the lies of “I am what I have, I am what I do, I am what other people think of me”; lies (i.e. deceptions) that lead into bondage – you possess your possessions or they possess you (Foreman)..

Rather, might we recognize with grateful hearts and mouths the good things God has blessed us with this day and give Him thanks, making the most of it (time, finances, relationships, abilities, giftings) all for His glory. This is frugality, not wasting, but making the most of what is in front of us, and has been entrusted to us.

Pray: Pause to take a moment to thank God for what you have and to make the most of it, removing even an inkling to covet.

Exercise it out:

Consider ways in which excess for desire, status, or luxury might be creeping in. What is something you can give away instead of something you hope to get?

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