

Life is simple. Your heart beats, your lungs fill with air all by themselves, without any effort, without a conscious thought being sent to the organs. The blood flows through one's body, just as rivers flow and can't be stopped. Life is a perfect construction whereby everything falls into place the way it needs to.

Of course, this claim of mine only works when one views it on the basis of the absolute simplest aspects. Breath and the workings of the body is one example. A lot of people would disagree with my statement of life being simple. Sickness, bills, work and raising children can make this claim of simplicity unstable. I'm quite sure that many people amongst us would in fact say that life is very complicated. Full of twists and turns, full of mysteries and frustrations. Full of time feeling lost or stuck or both at the same time.

Jesus and his disciples show us how simple life can become, when you follow God. Jesus sees Simon and his brother Andrew whilst they're fishing. Jesus only had to say one sentence to them and immediately they followed him. James and John even leave in the presence of their father. In the middle of their task of fishing for food they get up and follow Jesus.

There probably were farewells. Maybe they had time to quickly fetch their favorite blanket before leaving their home, but they probably didn't do much more. The bible wouldn't have documented it so short and simple hadn't it occurred in this way. At least that's how I choose to see it, because in this story the simplicity of choosing God, choosing to follow something deeper and more meaningful than even food or family is beautifully demonstrated.

Before the action of following comes the action of choosing. This is also theoretically simple but not easy. It means saying "yes" every day in as many moments of one's life as possible. This can seem impossible when dealing with strong emotions inside oneself. Anger, disappointment, resentment and many other strongly negatively charged feelings can lead to doubt in our power of choice. We can get so worked up, our minds can be so loud that we don't hear the voice of reason and wisdom anymore because our inner child is screaming for attention and making our inner life extremely chaotic and messy like a kid throwing a tantrum banging, shouting, scraping, knocking and kicking. No, it is definitely not easy but always simple.

Jesus is saying "follow me" to all of us and the disciples of Jesus show how this is done. Through simplicity. Simply by realizing the choice we always have at our disposal and then saying yes. That's all it is. That's all one has to do. To live a life with God you just follow him. The rest will sort itself out. Just like the breath flowing in and out, life will flow and be ok.

A lot of people probably don't want to believe this. They think about all the work they have put in to have things or to keep up this mask of a persona that they have worked so hard at obtaining. They don't want to admit or realize that it was all in vain, because there is no secret to a perfect life. The perfect life is to follow. Call it what makes sense to you. You can say that you follow your heart, your intuition, that true voice inside you. It all means the same. It all means following God.