



# less

living a life where less  
leads to more

K Pendleton



*less*

living a life where less leads to more

K PENDLETON



Copyright © 2025 K Pendleton.

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author except in the case of brief quotations embodied in critical articles and reviews.

This book is a work of non-fiction. Unless otherwise noted, the author and the publisher make no explicit guarantees as to the accuracy of the information contained in this book and in some cases, names of people and places have been altered to protect their privacy.

WestBow Press books may be ordered through booksellers or by contacting:

WestBow Press  
A Division of Thomas Nelson & Zondervan  
1663 Liberty Drive  
Bloomington, IN 47403  
www.westbowpress.com  
844-714-3454

Because of the dynamic nature of the Internet, any web addresses or links contained in this book may have changed since publication and may no longer be valid. The views expressed in this work are solely those of the author and do not necessarily reflect the views of the publisher, and the publisher hereby disclaims any responsibility for them.

Any people depicted in stock imagery provided by Getty Images are models, and such images are being used for illustrative purposes only.  
Certain stock imagery © Getty Images.

Scripture quotations are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984 by Biblica, Inc.™  
Used by permission of Zondervan. All rights reserved worldwide.

ISBN: 979-8-3850-4882-3 (sc)

ISBN: 979-8-3850-4881-6 (e)

Print information available on the last page.

WestBow Press rev. date: 6/26/2025

A decorative floral illustration in the top left corner, featuring various flowers and leaves in shades of grey and white, extending towards the center of the page.

# *Dedication*

To my husband Mark  
Your love, support and encouragement keep me going.  
Your patience for my times of not choosing less is endless.  
I am so blessed to have found you.



A decorative floral illustration in the top left corner, featuring various flowers and leaves in shades of gray and white, rendered in a soft, watercolor-like style.

# *Epigraph*

He must become greater; I must become less.  
John 3:30<sup>1</sup>





# Contents

Acknowledgement.....	xi
Foreword.....	xiii
Introduction .....	xvii
Part 1: Recognizing the Need for Less .....	1
Chapter 1    My journey toward simplicity.....	3
Chapter 2    Less is More.....	7
Chapter 3    The Burden of More .....	21
Part 2: Slowing Down to Savor Life.....	25
Chapter 4    The Slow Living Movement.....	27
Chapter 5    Sabbath Rest.....	35
Chapter 6    Creating Margin for a Life of Less.....	42
Part 3: Living with God's Power .....	49
Chapter 7    Tapping into the Source of True Strength .....	51
Chapter 8    Mindful Consumption .....	61
Epilogue.....	71
Endnotes.....	73
Author Bio .....	75





# Acknowledgement

I first of all want to thank my God who has sustained me through this whole process. To the Father where I brought my daily struggles, to the Son who held me in the most difficult of days, and to the Spirit who inspired my seemingly random stories that all played a part of this book. May this work bring Him glory and draw others closer to Him.

To my husband—your love, support, and belief in me are gifts I treasure daily. Thank you for giving me space to write, for understanding my heart, and for walking beside me in every step of this journey.

To my mom—thank you for your quiet strength and the countless ways you've loved and supported me over the years. Your example has shaped my life more than words can express.

To my sisters Lise, Cathleen, Kelie and Denise—you are my built-in best friends. Thank you for always being there, for the laughter, encouragement, and shared memories that have carried me through the past ten years.

To my sons Jeremiah and Ethan—You are among my greatest gifts. Your curiosity, strength, and tender hearts have shaped my understanding of what truly matters. Thank you for the joy you bring, the lessons you teach me daily, and the love you so freely give. This book, in many ways, was written with you in mind—to model a life that chooses what's lasting over what's loud, and what's eternal

over what's easy. May you always know that your worth is not in what you do, but in Whose you are.

To my precious nieces Carrie, Audrey, Sarah, Jessie, Bree, Ashley, Madison, Raiche and Georgia—you inspire me to live with joy, wonder, and intentionality. I hope this book gives you a glimpse of the beauty found in choosing “less” and living for what matters most.

To my church family—thank you for being the hands and feet of Christ. Your encouragement, prayers, and community have been an anchor in my life and a source of deep joy.

Each of you has left an imprint on these pages, and I am profoundly grateful.



## Foreward

It was January 20<sup>th</sup>, 2025, I was quiet before the Lord. He has this amazing way of blowing my mind within the stillness of His presence. In this moment, He was revealing to me the importance of *believing that He is enough*. As I listened, the Spirit of God taught me.

As I share with you this beautiful revelation, I pray the Holy Spirit teaches you as well.

Several stories in the Bible were brought to my mind. The first was the story of King David, the anointed king of Israel. The Lord brought him to a place of blessing. Royalty, wealth, and the mighty hand of God were upon him—*a place that was enough*.

The second story was of God rescuing Israel from 400 years of slavery in Egypt. God caused their clothes not to wear out, fed them, and gave His presence to guide them in a cloud by day and a pillar of fire by night. *God's provision was enough*.

Following this same pattern, we come to the creation story. Adam and Eve were created by God in His image. Everything that God spoke into existence was perfect, especially Adam and Eve. *His creation was enough*.

Before I share the last story, I want to point out where things went wrong. In each of these stories, there was a continuation that I didn't share, and that is where each of these people believed that God's

design, provision, and plan weren't enough. In each situation, they wanted more.

Here is the truth: anything outside of the Kingdom of God is less. There is no more on the other side of our God. He is everything, the End and the Beginning, the Lion and the Lamb, King of Kings and Lord of Lords. He is our Provider, Healer, and Keeper. His ways are higher than our ways.

So why do we choose anything lower than His way?

His plans are for us and not against us.

Then why do we make plans apart from Him?

Our God has more for us than we could ever ask or think.

Again, why do we busy ourselves as if we are our own provider?

Here is the simple fact, and many have come to this truth: more money, more fame, more knowledge, more power, or anything outside of God's provision will never satisfy.

King David wanted Bathsheba; Israel wanted to go back to Egypt; Adam and Eve wanted to be like God. Each person wanted more of their own way, and in the end, it was far less than the abundant life God had for them.

The final story the Lord brought to mind was the fall of Lucifer. He had the whole Kingdom of God, and yet he wanted more.

As we've been able to see through these stories, God was always enough, but it was up to each individual to choose for themselves.

You and I have this choice to make every day of our lives. We can believe God is enough or not. Oftentimes, it isn't even a conscious thought but an action. Our actions will show what our true belief is.

This book is a gift to all of us who long for a life of purpose, peace, and contentment.

The age-old scheme of the devil is to make us believe more is better. Well, like my good friend likes to say, “Not today, Satan.”

We will be a generation of *enough*, not because we are, but because He is!

Sarah Smith

Author of *Make Your Mark*





# *Introduction*

If you've picked up this book, something within you is yearning for less—less clutter, less confusion, less busyness. You may be seeking a life that is slower, simpler, and more focused.

That was—and still is—my journey.

However, before you can begin the journey of less, you must first understand why you seek more.

That answer isn't always easy.

It may take deep reflection, honest conversations, or even counseling to uncover.

For me, that journey began with counseling.

My “more” was food—something I turned to for comfort, distraction, and numbing the pain I didn't know how to process.

At first, I thought my struggle was just a lack of discipline, but the truth ran much deeper.

My excess wasn't about food itself but about avoiding the emotional and spiritual healing I truly needed.

What is your more?

The good news is that you don't have to stay trapped in the cycle of excess.

Freedom is possible.

The clutter, confusion, and busyness in your life can be replaced with peace, clarity, and purpose.

But make no mistake—this journey is both simple and incredibly difficult.

Healing only comes through the One who created you, and acknowledging that truth is the first step toward wholeness.

It takes faith.

Mustard seed faith.

Jesus spoke about this in Matthew 17:20:

*“Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”*

Reaching the place of less—the easy yoke Jesus offers—requires facing the mountain of your excess.

Most of us have pretty big mountains.

I know I do.

By God's grace, that mountain is starting to move, even if just a little.

That, in itself, is a miracle.

This book is the beginning of that journey.

Come join me.

## **Pause and Reflect**

**Reflecting on more:** What is your more and what drives it? Do you need deep reflection, honest conversations, or even counseling to uncover the why?

**Reflecting on less:** Reflect on what “less” means for you personally. What are some areas in your life where you feel a need to reduce clutter, confusion, or busyness? Describe what you imagine a life of simplicity might look like.



A decorative border at the top of the page featuring a light gray floral pattern with various flowers and leaves.

*Part 1: Recognizing  
the Need for Less*





## CHAPTER ONE

# *My journey toward simplicity*

Years ago, God gave me a simple, clear directive. It wasn't a loud proclamation but a quiet word that pierced through the chaos in my mind: "less."

At the time, I was working on a book about teaching children to read, and I interpreted "less" as a call to make that book concise and to the point.

The result was a booklet, which I shared with parents to support their children's education.

But the meaning of "less" in my life didn't stop there.

Over the years, I unexpectedly discovered its depth—by doing the opposite.

I filled my life with more: more vacations, more work, more responsibilities, and more food.

Through this, I began to understand that God uses our wilderness experiences to shape us.

The struggles that seem insurmountable can eventually become our calling.

Like Jonah, sometimes we run in the opposite direction, only to be guided back to our purpose.

Writing, in many ways, embodies the concept of less—it's just you, your thoughts, and your chosen words. It's a career that's both simple and profoundly challenging.

Although I resisted it for years, this gift of writing has always been with me.

My high school yearbook predicted I'd be the editor of Time magazine; instead, I became an elementary teacher.

God had greater plans.

I needed wilderness training to prepare for them.

Even in the wilderness, God's presence is constant, guiding us as He did the Israelites with a cloud by day and fire by night.

Sometimes, doing less actually adds up to more in the grand scheme of life.

When we reflect on challenging periods, we often see how they contribute to our growth.

Whether earning a degree, training for a competition, or writing a book—small, consistent efforts lead to big results.

Each morning, I dedicated just ten minutes to writing, which eventually resulted in this completed book. The process felt overwhelming at times, but staying focused on each step prevented me from getting lost in the details.

Philippians 4:6 has guided me through many of life's challenges and was a verse I first memorized during my time at Wheaton College in 1983.

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”*

A Christian friend, Marie Schools, handed me a small piece of paper with that verse as I was preparing for a big exam. That verse has sustained me through countless trials, including returning to higher education while raising my sons.

Marie may never know the impact of that simple act, but her gesture provided strength during times of less.

Marie shared her faith with me during a crucial time, planting a seed that has since grown and borne fruit.

Like a fruit tree, our spiritual growth requires nurturing and protection at every stage.

This happens by staying connected to Christ and in communion with others.

A bloom is beautiful, but without cross-pollination, there will be no fruit.

Sometimes, we hesitate to contribute to our church communities because we feel we have little to offer.

But it's in offering our small, widow-sized gift that God's abundance is revealed.

As I write this book, I offer it to God, trusting that He will multiply its impact.

I pray that you, too, will find encouragement as you continue reading these pages.

## Pause and Reflect

**Identify “wilderness” experiences:** Think about a time when you felt overwhelmed by “more”—more work, more responsibility, or more demands. How did this experience shape you or reveal what was most important to you?

**Acknowledge the impact of others:** How has a small act of kindness or faith impacted your journey? Like the gift of Philippians 4:6 during a challenging time, consider a simple gesture or word from a friend or mentor that impacted your faith or perspective. Describe this moment and how it continues to encourage you.



# Endnotes

- 1 All scripture is from NIV
- 2 Lowry, L. (2020). *Like the willow tree*. Scholastic.
- 3 *Simple gifts*. Song of America. (2018, February 3). <https://songofamerica.net/song/simple-gifts/>
- 4 Comer, J. M. (n.d.). *Being with God*. Practicing the way. <https://launch.practicintheway.org/resources/prayer>
- 5 **Matthew 4:19, Mark 1:17** “Follow me and I will make you fishers of men.”
- 6 So if the Son sets you free, you will be free indeed. John 8:36
- 7 Poplin, J. (2024, September 28). *12 common things minimalists don't buy or own (for a simpler life)*. The Simplicity Habit. <https://www.thesimplicityhabit.com/12-things-minimalists-dont-buy-or-own/>
- 8 Lawrence, & Davis M. (2013). *The practice of the presence of god in modern English*. Marshall Davis.
- 9 Green, T. (2016). *Voxer: A Digital Messaging Tool* by Tim Green. computer soft-ware.
- 10 Guyon, J. M. B. de L. M. (1905). *A short and easy method of prayer*. H.R. Allenson.
- 11 *Lectio 365 - 24-7 prayer international*. 24. (2025, February 10). <https://www.24-7prayer.com/resource/lectio-365/>
- 12 Muller, W. (1999). *Sabbath: Finding rest, renewal and delight in our busy lives*. Bantam Books.
- 13 Walt, J. D. (2024a, November 2). *Remember the sabbath day: From religious observance to relationship revival*. Seedbed. <https://>

- seedbed.com/remember-the-sabbath-day-from-religious-observance-to-relationship-revival/
- 14 Ramabai Sarasvati. (1887). *The high-caste Hindu woman*, 1887.
  - 15 Comer, J. M. (2020). *The ruthless elimination of hurry*. WaterBrook.
  - 16 Batterson, M (2013). *Be a circle maker: The solution to 10,000 Problems*. Zondervan.
  - 17 The story of Gideon is in the book of Judges Chapter 7-8
  - 18 Eaton, M. A. (1998). *Experiencing God*. OM Pub.
  - 19 Giglio, L. (n.d.). *How Great Is Our God | Pastor Louie Giglio*. YouTube. <https://www.youtube.com/watch?v=X1rPalyUshw>
  - 20 Piper, J. (2025, January 18). *The root of mental health*. Desiring God. <https://www.desiringgod.org/articles/the-root-of-mental-health>
  - 21 *Lectio 365 -24-7 prayer international*. 24-7 prayer international. (2025, February10). <https://www.24-7prayer.com/resource/lectio-365/>
  - 22 George Washington Carver: Biography, inventor, scientist, teacher. (n.d.-a). <https://www.biography.com/scientists/george-washington-carver>
  - 23 *Nourishing the world*. MANA Nutrition. (n.d.). <https://mananutrition.org/>
  - 24 Batterson, M. (2013b). *The Circle Maker: Draw the circle*. Zondervan.



## Author Bio

Kim Pendleton has spent over two decades in education, fostering a love for learning in both traditional and online classrooms. Since 2018, she has taught second grade at FreedomProject Academy, an online Christian school, where she blends academic excellence with a heart for faith-based education. Prior to this, she taught elementary students in Idaho, Maine, and beyond, always striving to create meaningful connections in her classroom.

Her passion for writing extends beyond the classroom. She has served as a reporter, newsletter editor, and volunteer writer, using her talents to inform and inspire. With a Master's in Educational Technology from Boise State University and a background in leadership, technology, and communication, she brings a wealth of experience to her work.

In her debut book, *Less: Living a Life Where Less Leads to More*, she explores the freedom found in simplicity, shifting the focus from busyness and self-worth to intentional living centered on Christ.

When she's not writing or teaching, she enjoys traveling, spending time with family, and embracing a slower, more purposeful life.

## Less: Living a Life Where Less Leads to More

In a world that constantly urges us to do more, have more, and be more, what happens when God calls us to less?

Through personal reflections and biblical wisdom, *Less* explores the journey of stepping away from the frantic pace of life and embracing a simpler, more intentional existence. From recognizing the burden of excess to slowing down and savoring life through Sabbath rest and mindful living, this book invites you to create margin and rely on God's power rather than your own striving.

If you've ever felt overwhelmed by the weight of more and longed for a life of deeper peace and purpose, this book will guide you toward the freedom found in less.

