

On Artificial Living
By Metropolitan Saba (Isper)

A couple once came to see me. They were constantly quarreling and blaming each other. As we spoke, it became clear that their problem was financial. Their spending far exceeded their income, forcing them to borrow money even though their income was not small compared to the average in our society.

I suggested a very simple solution: each of them should keep a small notebook and write down, every day, all their expenses. At the end of the month, they should sit together and categorize their spending—food, healthcare, communication, and so on. “After several months, you’ll know how much you truly need for each area of your life,” I told them. “You’ll also be able to distinguish between what is necessary and what is extra. Then you can set a fixed amount for each category. And if one month you must exceed a limit in one area, compensate by spending less in another, so you never fall into debt.”

They left relieved—but after the first month, they stopped. “We were shocked,” they told me later, “by how much we were spending, and we became afraid to continue budgeting.”

There are many couples like them. The strange thing in our society is that people are rarely taught, as children, the virtues of prudence and moderation in spending—and they seldom learn them as adults. So they end up being led by others, by the culture, and by the consumerist climate around them. Few truly lead themselves—living in a way that suits them, not others; choosing what benefits their soul, not what impresses their peers; and shaping their life according to what they see as good, not what others dictate.

Economically speaking, as inflation continues to weigh on most people, we see that rising prices seldom push them to reorganize their lives wisely and peacefully. They do not begin with simple steps like conserving energy in their homes. Instead, they live under constant tension, striving to appear wealthier than they are—even if it means borrowing and weighing themselves down with more debt. The result is more anxiety, more complaints, and more exhaustion.

Because the spiritual dimension of their lives is shallow, they find no true relief from their worries. So they throw themselves deeper into the same whirlwind of endless activity—believing that entertainment and distraction will free them from their stress and emptiness. But once the diversion ends, they return to the same anxiety and fatigue. And so the cycle repeats, grinding them down until their life is spent.

Faced with the relentless grind of consumer society, which crushes people and drains their physical, spiritual, and material resources, we are in dire need, first and foremost, of courage and faith in God and in ourselves. Following that, we need to learn the art of moderation and managing our daily affairs in the best way possible, not merely the easy way.

Within every human being lies a desire to appear admirable before others. This desire may vary in intensity from one person to another, yet the need to exist in the eyes of others, rather than in our own, remains strong.

Do we notice how fashion constantly changes? Or how the images of celebrities shape our behavior? How much do these things push us toward a life of pretense—toward extravagant celebrations and “luxurious” weddings that exhaust us?

A wise woman once said to me, describing her family: “They don’t live for themselves—they live for others. They are enslaved by their desire to look good in others’ eyes, even falsely, and they pay for it with their happiness and health.”

Today’s world leaves no room for our carelessness. Life has become profoundly consumerist, built on the illusion that happiness comes from shopping and spending. In truth, happiness is born from contentment with what is essential. Luxuries have never been a source of lasting joy; they are only brief moments of pleasure that fade quickly.

True happiness wells up from within—from the peace that comes through God’s presence in our lives; from a soul that knows the meaning of its existence; from one who has learned to distinguish between what is necessary and what is superfluous;

from one who wishes to live according to what truly suits him and not what others expect.

Such a person has the courage to live by their spiritual convictions rather than by social trends. In short, happiness belongs to the one who is secure enough to seek what is right and pleasing to God and conscience, even when it contradicts the customs of society.

The wise seek approval in the eyes of God, and then in their own—not in the opinions of others. They do not care if others look down on them for living simply, because their sense of worth comes not from human praise but from the joy of God's approval and the integrity of their soul.

We still resist the first step in the ladder of priorities—the call to simplicity—even though deep down everyone longs for it. The Gospel invites us again and again:

- “Give us this day our daily (essential) bread...” (Matt. 6:11)
- “Do not be anxious about what you will eat or drink...” (Matt. 6:25)
- “One thing is needful... Mary has chosen the good portion, which shall not be taken away from her...” (Luke 10:42)
- “Seek first the Kingdom of God and His righteousness, and all these things shall be added to you...” (Matt. 6:33)
- “Flee from the love of money, from the love of power, and from the pride of life...” (see 1 Tim. 6:10, 2 Tim. 2:22, 1 John 2:16)

Do we ever ask ourselves, when we act extravagantly or live beyond our means, whether we are contradicting the Gospel? Or are we simply unaware, misusing the popular saying, “Everything has its time,” as our excuse?

How much careful discernment we need to gain that blessed spiritual sensitivity that helps us tell what is necessary from what is not, what benefits from what harms, what is essential from what is excessive!

How much courage and confidence we need to show our true selves, to live according to our convictions without shame, and to despise what contradicts our principles instead of feeling ashamed by them!

How much trust in ourselves and in our beliefs we need, so that we do not rush to imitate others out of fear of seeming lesser than they!

When will we realize that we grow in stature when we resist the tide of consumerism and rejoice in simple living, content with God's presence in our lives—and that we shrink when we chase after artificial living, which gives fleeting excitement but steals our lasting joy?

“Martha, Martha, you are anxious and troubled about many things; but one thing is needful” (Luke 10:41–42).