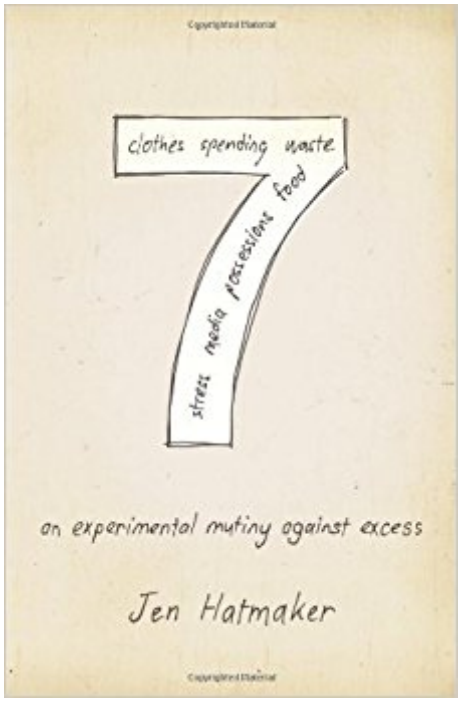
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7: An Experimental Mutiny Against Excess



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Synopsis

American life can be excessive, to say the least. That s what Jen Hatmaker had to admit after taking in hurricane victims who commented on the extravagance of her family s upper middle class home. She once considered herself unmotivated by the lure of prosperity, but upon being called rich by an undeniably poor child, evidence to the contrary mounted, and a social experiment turned spiritual was born. 7 is the true story of how Jen (along with her husband and her children to varying degrees) took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. Food. Clothes. Spending. Media. Possessions. Waste. Stress. They would spend thirty days on each topic, boiling it down to the number seven. Only eat seven foods, wear seven articles of clothing, and spend money in seven places. Eliminate use of seven media types, give away seven things each day for one month, adopt seven green habits, and observe seven sacred pauses. So, what s the payoff from living a deeply reduced life? It s the discovery of a greatly increased God a call toward Christ-like simplicity and generosity that transcends social experiment to become a radically better existence.

Book Information

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Customer Reviews

The central principles of living a Christian life, like tithing, fasting, and prayer, might get short shrift from some people but not Hatmaker (A Modern Girl’s Guide to Bible Study). The wife of a pastor at Austin (Texas) New Church aims for a more saintly life by cutting back on possessions, food, stress, and other excesses with funny and lively writing that can get overly self-deprecating. Her goal is to

convince the reader that a simpler life is a godlier one, which lends a sanctimonious element to some of the writing. Other parts are earnest and moving, such as the final chapter, in which the book drops snarky humor to offer sincere appreciation for prayer, even if the subject matter is divided between prayer and the couple’s adoption of two Ethiopian children. For Christians who desire to live out their New Year’s resolutions year round, this is worth reading. --Publisher’s Weekly"Jen Hatmaker is a model for her experiment in radical obedience to Christ. May we all be as committed to Jesus’ Gospel revolution." --Richard Stearns, president World Vision US, author The Hole in Our Gospel

Jen Hatmaker and her family live in Austin, Texas, where the city motto is Keep Austin Weird, and they work hard to do their part. Jen s eight previous books include Interrupted and A Modern Girl s Guide to Bible Study. She and her husband planted Austin New Church in an economically and ethnically diverse, socially unique, urban area of the city in 2008. They are in the great- est adventure of their lives, (thrilled to find out where they have planted is known as the church planters graveyard) and have made some incredible new partnerships in ministry. They ve seen their world turned upside down as they ve considered what it means to ask God how to live and not just what to do. But it s a good upside down, as part of that discovery will be the addition of two children from Ethiopia set to join the three they already have. Together they will keep Austin weird and seek to glorify God as they do.

I have been following Jen Hatmaker’s blog for quite a while now, and I’ve read a couple of her books. This one is, by far, the one that has rocked my world the most! Knowing that we have excess, and it causes stress, and now having an idea of what to do about it and how to bless others has been revolutionary. There isn’t one bad or least favorite chapter in this book, but I would have to say that the last chapter, the one on prayer, has challenged me the most in my Christian walk. Thank you for another excellent book, and thank you for pointing us, your readers, to the Lord!

IÃƒÂ¢Ã â ¬Ã â„¢m sure the author has a good heart and I appreciate the attempt to learn a simpler lifestyle, but the book rings hollow. It comes off as the fad of the month. The rules are too random and donÃƒÂ¢Ã â ¬Ã â„¢t look at sustainable ways to live simply. IÃƒÂ¢Ã â ¬Ã â„¢m not sure what the point of the exercise is, if you donÃƒÂ¢Ã â ¬Ã â„¢t find ways to continue it. The author admitted she needs boundaries, as most of us do, but if one sets unrealistic and random boundaries, they are useless. Why not set a budget? Why not just omit unhealthy foods? I

appreciate that we in America are very blessed and we all should be more mindful about how we spend our money and how we eat, but this needs to be done in a sustainable fashion. One positive was the mention that living this way meant not wasting a lot of time with decision making. This book reads more like a blog and would work better in that format. The book didnÃƒÂ¢Ã â ¬Ã â„¢t contain much insight, but in its favor it does deal with the need to set boundaries and actually addresses the taboo subject of Christians and gluttony.

Wow! What an excellent book! While I have not tried the "7" experiment myself, I thoroughly enjoyed reading about Jen Hatmaker's experience! She is a gifted, funny, articulate writer who obviously loves God!

This is an easy read and enjoyable read. Jen Hatmaker has a humorous way of documenting her journey through this book, although not everything she mentions is relatable.

I have to preface this review by letting you know that I, with a small group of other women, read this as a challenge to ourselves, and we spent a week each (7 weeks) doing the things that Jen spent a month doing. Some chapters were harder to get through than others, but it really does change the way you read the book if you are trying these things. It is a fresh look at our personal consumer habits and breaking them. If you are looking to change something and not sure where to start, get a group together and do something like this. Her style is very easy to read. The only thing I have that is a con is that some references seem taken out of context, but maybe I also just didn't understand them fully. Either way, I would recommend the book for the challenge.

Wow - loved this book. Read it in two days and am ready to read it again! Jen is funny and honest as she walks us through their family's 7 month journey to take a stand against the excess that all of us Americans are surrounded by. Each "month" left me thinking about how I could make changes in my own family. I can't wait to put some of these into practice and start living Jesus, instead of just reading about Jesus. I virtually highlighted things in each chapter that hit too close to home...and thank her for her raw honesty and desire to change the world, one reader at a time.

One of the best books I've read all year. Jen Hatmaker is the spouse of Brian Hatmaker, the pastor of Austin New Church, a unique Christian fellowship in Austin, Texas. Both have felt that the church has for years sold out to the American dream--build larger churches and spend scads of money on

themselves while the rest of the world (literally) goes to Hell. Written with the humor of an Erma Bombeck and the right on conviction of David Platt (The Radical) it will change how you see the American way of life as a true follower of Christ. You won't go wrong with this book. My wife will maybe read one book a year and she loved it as well.

Interesting, but is mostly about the author's witty wit (which is, indeed, witty). Good writer. Interesting subject. But, the excessive wit got old and dominated.

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