

SIMPLIFY.

PART 1: WHY SIMPLIFYING ISN'T SO SIMPLE

INTRODUCTION

During this season, we've all experienced new and higher levels of stress, because life has radically changed for all of us. What do you do when that starts to become normal? What if you could actually find a way to thrive spiritually during this uncertainty? Jesus gives us an invitation to live differently. He calls us to a simplified life.

BIBLE VERSES

Matthew 11:28-30

John 10:10

Matthew 22:37-40

1 Corinthians 13:4

DISCUSSION QUESTIONS

1. Read Matthew 11:28-30. Do you feel weary today? Do you feel burdened?
2. Pastor Will taught that there is a very really spiritual battle going on right now for your time and for your attention--that Satan is fighting to keep you from the rich and satisfying life Jesus wants you to experience. How have you personally been experiencing this battle for your time and attention? What are the things in your life that consume the majority of your time and attention?
3. Michael Zigarelli from the Charleston Southern University School of Business says that busyness is our major distraction from spiritual life and that the antidote is to slow down. Do you default towards busyness or stillness?
4. Think about when you've experienced the richest, most meaningful times in your spiritual life. Did you experience those times during moments of busyness or during moments of stillness?
5. In Matthew 22:37-40 we see that the supreme ethic in Jesus' Kingdom is love. Pastor Will taught that hurry and love are incompatible. Do you agree or disagree? Why?
6. Who do you need to give more time to this week in order to show them more love? How will you give them more time? What's going to be your biggest obstacle in taking this step?

MOVING FORWARD

Jesus' promise in Matthew 11:28-30 is that those who are weary and burdened will find rest. He starts this promise with a simple condition: "Come to me..." If you are weary or burdened the first step in finding rest is to come to Jesus...spend time with him. Will you commit right now to take more time to spend with Jesus this week? Make a plan right now to spend unrushed time with Him and share your plan with somebody who will keep you accountable.