

# SIMPLIFY.

## **PART 9: SIMPLICITY (Part 2)**

### **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

Luke 12:15

Matthew 6:19-21

Philippians 4:13

Matthew 6:24-25

Philippians 4:11-12

### **DISCUSSION QUESTIONS**

1. Read Matthew 6:24. Jesus does not make a command here. He makes an observation about the truth of the human condition: "You cannot serve both God and money." How have you personally experienced the tension of this truth in your own life?
2. Pastor Will taught that if the desire of your heart is anything besides the Kingdom of God you will always experience stress and anxiety. What are the things that have consumed your heart and mind during the times you've had stress and anxiety?
3. The definition of simplicity is the intentional promotion of what we value most and the removal of everything that distracts us from what we value most. What do you value the most? How can you promote those things in your life? What things distract you from those things and how can you remove them?
4. How does your relationship with Jesus inform your purchasing habits?
5. One of the greatest enemies of the human soul is discontentment. Describe a time when you've been most content.
6. What are some of the practices of Jesus that you've discovered can radically change your life and help you live with more peace and rest?

### **MOVING FORWARD**

The world teaches us to ask, "How can I get more?" The truth is that you weren't created for the "more" the world offers. Ecclesiastes 3:11 says that God "planted eternity in the human heart." This means your heart won't experience contentment anywhere else but through a relationship with God. By following Jesus and practicing the way of life Jesus shows us, you can experience true contentment, rest, peace and joy.