



Simplify

HELLO

Most of our groups have been gathering again for about a month. I hope you have found it to be good to be together and meeting some new members. This series is challenging. Let's be honest, most people aren't great at doing what is best for them. Rest, peace, Sabbath, all equal a deeper and more meaningful relationship with God and more joy, kindness, and love toward others. This week hits harder than the previous ones because our culture, success, and many other factors seek to eliminate it from our thinking. Prayers as you proceed!

What is a glaring example of where you have too much stuff?

GROW

We're starting with powerful words from Paul to his younger friend and partner in ministry. These words echo what Jesus said in Luke 12 about wealth, contentment, and status.

Read 1 Timothy 6:6-10; 17-19

If you were put to the test to give up something you were too attached to, what would be difficult for you give up?

According to several studies, Americans and Europeans have more of everything except happiness. Why do you think that's true?

Be very honest here. Your answer should reflect your life choices. Finish this statement, "My happiness comes from..."

How does having/wanting more lead to more stress instead of contentment?

M O V E

This week you can make several concrete steps to simplify. Russ gave us three things to do that are simple and hard at the same time.

1. Sell some stuff
2. Give away some stuff
3. Throw away some stuff

During Covid I began some serious downsizing and remodeling of our home. For two years, I have been hauling stuff to Goodwill, the dumpster, and giving things away. I don't think I have sold a single thing. The reason I haven't sold those old clothes, tools, furniture, etc. is because I don't really need the money more than others just need a good couch or a good saw. Honestly, it just felt good to give it away.

Which of these three are you immediately drawn toward? Why that one?

How is gratitude related to contentment?

P R A Y

Nothing will make you feel more like a community than this time. Share your joys, your burdens, your victories, your fears. This is the place to do it.