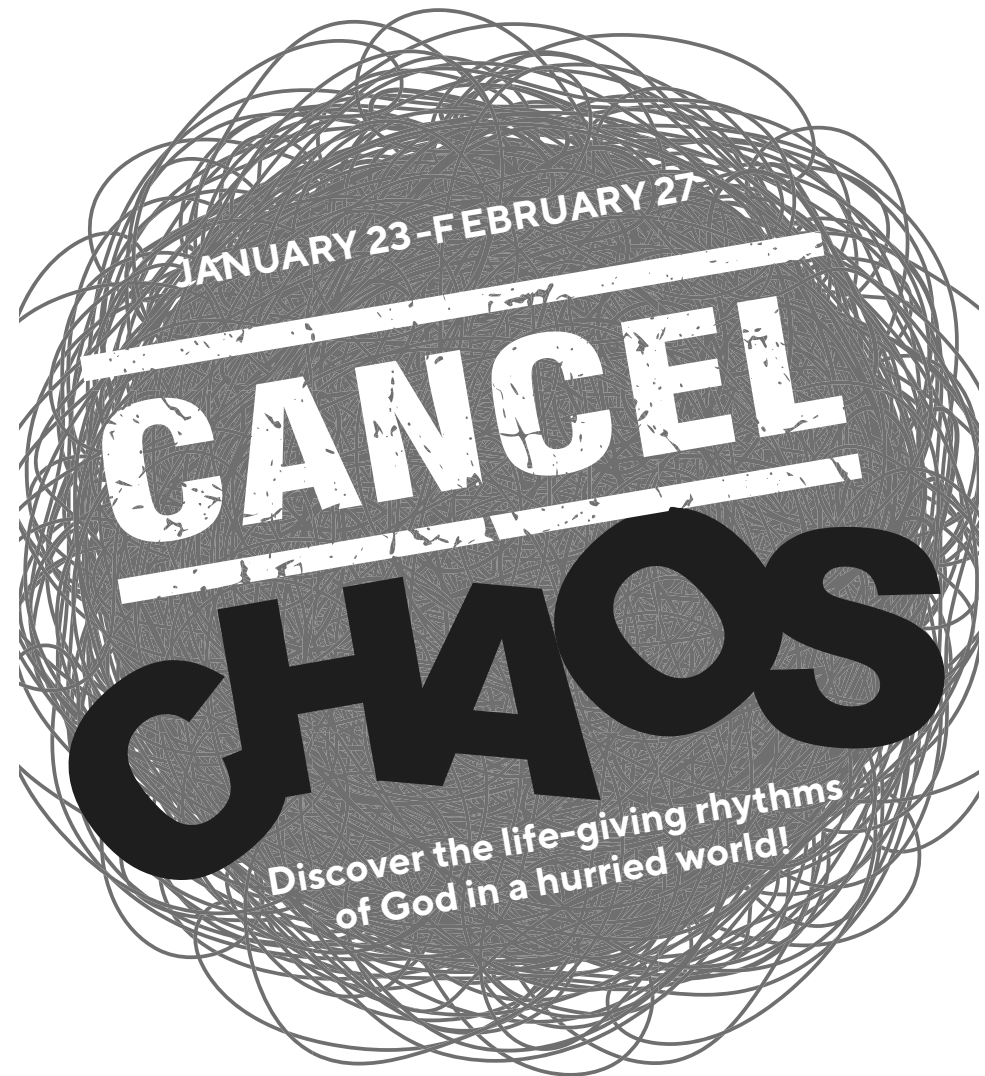


## PAUSE, PONDER & PRAY

The practice of Simplicity defined: **“Stripping life back to what really matters most. Intentionally living with less in order to make space for more of what we value before God.”** JOHN MARK COMER

“But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.” MATTHEW 6:30-33

## NOTES & QUOTES



## WEEK 5: SIMPLICITY

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## CONNECT (BUILD RELATIONSHIPS)

1. Did you have a childhood hero who you imitated by how you dressed or behaved? Give an example of how they influenced something you wanted to buy or own?
2. On the surface, do the words “simplicity, frugality and minimalism” generate a positive or negative reaction for you? Why do you think “stuff” generates such an emotional response in people?
3. Richard Foster writes, “The modern hero is the poor boy who purposefully becomes rich, rather than the rich boy who voluntarily becomes poor.” Can you think of an example of the latter?

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## THRIVE (EXPLORE BIBLICAL TRUTH)

4. Read 1 Timothy 6:6–8 and Luke 12:15. How do these verses challenge our cultures’ definition of “success”?
5. Read Matthew 6:19–21 and Matthew 6:30–33. How does our “stuff” interfere with our ability to seek first the Kingdom of God? What do you think Jesus meant when he said, “and all these things will be added to you”?

6. Read Philippians 4:11–12 and 2 Corinthians 8:9. Jesus did not just talk about simplicity, he modelled it. Jesus was available because he didn’t have anything to hold him back. He had no clutter in his life to get in the way of his ministry. As a follower of Jesus, why is it important to not only know what he said but also to do what he did?

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## COMMIT (BE ON MISSION)

7. What is the difference between being a minimalist and embracing the spiritual discipline of simplistic? What makes simplicity a spiritual practice and not just a good lifestyle choice? Why is simplicity so critical to spiritual growth and maturity?
8. Simplicity isn’t about “having nothing”, it’s about choosing to have less. Where in your life are things too cluttered (schedule, possessions, clothes, spending, etc.)? Where might God be challenging you to pursue greater simplicity.
9. Do an intentional wardrobe sort. What do you genuinely need to keep? What can you give away, sell, throw away or recycle? Check out [bemorewithless.com](http://bemorewithless.com) and take the project 333 challenge which seeks to limit your wardrobe to 33 items or less for 3 months.
10. Take an inventory of how you spend your time and ask God to speak to you clearly about any changes you need to make to simplify your calendar so that you have more time to seek the things that matter.