



PART 5: SIMPLICITY

Sermon Notes

Text: Matthew 6:19-34

Intro:

"The spiritual discipline of simplicity is an inward reality that results of an outward life-style" - Richard Foster

"This is all that I have learned: God made us plain and simple, but we have made ourselves very complicated." - Eccles. 7:29 GNT

Materialism and consumerism dominate our culture and we have bought into the lie that more stuff will make us happier.

Mark 4:19

Matthew 6:19-24

Choose your master: God or money

It's not about living with nothing, it's about living with less. Less stuff but more contentment.

1 Timothy 6:17-19

Choose your master: God or money; and then choose your outlook: faith or worry

Matthew 6:25-34

Simplicity is much less about how many possessions we have; instead, it is about an inward spirit of trust

Acts 20:35

Luke 12:15

Conclusion:

Cultivate a deep appreciation for the simple pleasures

Lead a cheerful, happy revolt against the spirit of materialism

Let's learn to be content

Practice letting go and decluttering our lives by giving something away

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Life Group Discussion

Warm up:

1. What is the most outrageous or sill advertisement that you have ever seen? Or, what is your favourite advertisement that you can still remember?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

Study & Discussion:

1. Had you heard about or thought about materialism and consumerism before hearing this message? What are some ways that you have seen these impact society and the life of the church?
2. Read 1 Timothy 6:17-19. What is Paul saying to the rich? Do you consider yourself rich? Why or why not? How do we put our hope in God and not in our money? What does it look like exactly? Give examples.
3. Read Proverbs 30:8-9. What is the writer saying to us? Why should we want neither too much or too little? What are the dangers of either extreme?
4. Read Matthew 6:25-34. Do you tend to be a worrier? What is Jesus saying is the antidote to worry? What does it look like to seek the kingdom first in your life? What are some simple pleasures that you enjoy?

Application:

1. Take some time this week to pray and to start to think through a list of things which clutter up your life. It might be: Clothes, Shoes, Accessories, Books, Records, CDs, DVDs / Blu-rays, Video games, Jewelry, Kitchenware, Kid's toys. Relax. No one is guilting you to get rid of something you want to keep. This is an invitation to declutter your life by starting with something small. You could sell it, donate it, or give it away. If clothes are is your thing, how would you feel if you parted with a few outfits you like? What if you gave up some records in your collection? Some books on your shelf? A few pairs of shoes? Start small. Take note of how the process makes you feel and share it with a friend and/or in a prayer journal.

Prayer:

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