



### **Part 8 - Living Simply**

Many of us have bought into the idea that if we want a better life we need more. More money, more stuff, and more commitments in our schedule. It's easy for our lives to become cluttered and to realize that the only thing we have more of is stress. Maybe what we really need, is less.

**Scripture:** Exodus 16:1-12, Matthew 6:25-34

### **Discussion Questions**

1. What is your default attitude towards money and possessions? What is your level of stress when it comes to this area of life? Are you a saver, spender, giver, hoarder by nature?
2. What are some of your highest values that you think are most important for you to pursue in your life? How is this reflected in how you handle and distribute your money?
3. Define and describe what the practice of simplicity is. Read through Matthew 6:25-34 together. What does Jesus teach us not to do? What are the things he teaches us that we should do? What does he teach about what God does and why he does it?
4. How do you think what is taught in this passage should affect our inner attitude towards our jobs? Lifestyles? Possessions?
5. What are some of the obstacles to living the way Jesus teaches here? Why are money and possessions areas that cause many of us to worry or experience high stress levels?
6. What are some practices that you've implemented in your life that have helped you to trust God and seek His kingdom? What has been the impact of living out those disciplines? What benefit has it had on you or others? How has it changed your perspective?

### **Moving Forward**

Is there one practice that you can apply to your life to help you live more simply? Think of some ideas as a group that might help you to embrace this practice. (Some examples: living on a budget, automating generosity, selling or giving away some stuff, working towards eliminating debt, etc.)