

## **Lifegroup Session 1: Discussion 7**

### **Spiritual Habits: Simplicity**

#### **Cross Culture Church**

**Goal:** The goal of this discussion is to learn about the discipline of simplicity, assess simplicity in our lives, and take action in moving towards living out simplicity.

#### **Connect**

1. Welcome & Introduce yourselves. Go over the outline for the night.
2. Expectations:
  - Show up. If you can't make it let us know. What you put in is what you will get out.
  - Have fun. We like to have fun, laugh, and be real!
  - We ask that what is said here stays here. We want this to be a safe place where we can be authentic and vulnerable.
  - When we are honest and vulnerable we grow.
3. Introductions (if a new person joined). Have everyone share 3 fun facts about themselves.
4. Big picture reminder: We are learning the Spiritual disciplines. We are learning how to go to the gym of the spirit, how to put more "tools" in our spiritual tool belt. Our goal is to grow closer to Jesus and walk in the freedom that spiritual disciplines bring.

#### **Discussion:**

1. Follow up: What action step did you take in becoming a better steward? What do you still want to do? What do you need to do to start living a 10-10-80 lifestyle? (as the leader share a personal testimony about how God used your generosity and faithfulness in stewardship to change your life)

#### **New Discipline: Simplicity**

**Discussion:** When you hear simplicity what comes to mind? What do you think the discipline of simplicity is?

In Celebration of Disciplines Richard J. Foster does an incredible job of painting the picture of our need for simplicity.

"Simplicity is freedom. Duplicity is bondage. Simplicity brings joy and balance. Duplicity brings anxiety and fear. Simplicity is an inward reality that results in an outward lifestyle. Contemporary culture lacks both the inward reality and the outward lifestyle. We must live in the modern world, and we are affected by its fractured and fragmented state. We are trapped in a maze of competing attachments. Because we lack a divine center our need for security has led us into an insane attachment to things."

**Discussion:** What things are we attached to? What distracts us from our true identity? What are we allowing to define us? (material possessions, people, status, money, job, people pleasing, the past)

Have your group read: **Matthew 6:21** *“Do not lay up for yourselves treasure on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.”*

**Discussion:** What stands out to you in this passage? What are the big takeaways?

Is Jesus, his word, his people, and producing spiritual treasures more important than the temporary earthly treasures? What we do with our time, our energy, our money is a clear indicator of what we value.

What are you valuing more than God?(Job, Material Things, Food, Family, Friends, Status) Are you living with an eternal perspective or an earthly perspective?

Are you going along with Culture or pushing against it & producing things that will last for eternity? (we are told we need the next best thing, the new car, the bigger house, the designer clothes. Marketing companies target us and tell us these lies)

Richard J. Foster says, “Simplicity sets us free to receive provision of God as a gift that is not ours to keep and can be freely shared with others.”

Have someone from your Group read: **Hebrew 13:5** *“Keep your lives free from the love of money and be content with what you have, because God has said, Never will I leave you nor forsake you.”*

**Discussion:** How can we keep our lives free from the love of money? (first things first- give God your first 10%, generosity with those in need, checking our hearts, needs versus wants)

How can we be content and grateful? How can we keep ourselves from coveting? (God’s word, spiritual disciplines, gratitude, worship) What are needs versus wants?

**Simplicity means the freedom to trust God for all things.  
Simplicity is Freedom. Refuse to be a slave to anything but God!**

**Have everyone take some time for self-reflection. Ask everyone questions and have them write down the answers:**

1. Do you trust God with everything?
2. What are you holding onto too tightly?

3. Is there something in your life that you are addicted to? (tv, social media, food, alcohol, ect.)
4. Who are you trying to impress?
5. What possessions are you attached to?
6. Are you hoarding things?
7. Are you in debt?
8. Is your “yes” your “yes and your “no” your “no”? Are you honest and not giving into flattery and people pleasing?
9. What is at the center of your attention? Is it job, position, status, family, friends, security?

**Discuss big takeaways from self reflection**

**Action:** Based on your self-reflection questions choose 1 area you want to simplify and put God first.

**Prayer:** May God give you the courage, wisdom, and the strength to hold the kingdom of God as the number one priority of our lives.

**Reminders:** Remind them when your next life group is & share any CCC updates.