

# Practice Guide for October 20<sup>th</sup>, 2024

## Life Together, pt. 7—Keep it Simple.

### Suggested Ice Breaker (5 minutes)

If you had to give up one of these forever, which would it be: Coffee, Wi-Fi, or listening to music? Why?

### Opening (10 minutes)

Before beginning, open the meeting time with 2 minutes of silence to focus on God's presence. Afterward, ask someone to open in prayer, asking God to help us discern what is truly important and to live with simplicity in our hearts.

Opening Question: What's the most random item in your home that you just can't seem to let go of?

### Reflecting On Scripture (15 minutes)

Have someone read Luke 12:13-15 and 1 Timothy 6:6-7 out loud for the group.

#### Questions for Discussion:

1. Jesus warns against all kinds of greed, emphasizing that "The Good Life" is not found in accumulating possessions. How does this challenge our modern mindset?
2. What does contentment look like for you in this season of life?
3. How can embracing simplicity help us find a deeper sense of peace and purpose in our relationship with God?

### Community Practice (25 minutes)

Read aloud this quote from Richard Foster:

*"Simplicity is an inward reality of single-hearted focus upon God and His kingdom which results in an outward lifestyle of modesty, openness, and unpretentiousness, and which disciplines our hunger for status, glamour, and luxury."*

Take 5-10 minutes to journal your response to these questions:

1. Based on where you spend your time, talent, and treasure (finances), what are 3-5 of the top devotions in your life? Ask the Holy Spirit to reveal if any of them are out of order or alignment.
2. Is there something you often desire or pursue that you think will bring inner fulfillment? How might God be inviting you to find contentment without it?
3. What is one area of your life that feels cluttered—physically, mentally, or spiritually? How might you begin to simplify it?

Share your answers in groups of two or three.

### **Group Discussion:**

- How does our culture define “success,” and how does that influence our lifestyle choices?
- In what ways can simplicity create space for deeper connection with God and with each other?
- What are some practical tips that you’ve learned which help resist the pull of consumerism?

### **Closing Prayer (5 minutes)**

As we conclude our discussion, have someone close in prayer and/or slowly read this prayer by Ignatius of Loyola, called the *Suscipe* (“receive”).

*Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
all that I have and possess.*

*You have given all to me.  
To You, O Lord, I return it.  
All is Yours; dispose of it wholly  
according to Your will.  
Give me Your love and Your grace,  
for this is sufficient for me.*

*Amen.*

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### **Further Reading:**

- *Freedom of Simplicity* by Richard Foster
- *Abundant Simplicity* by Jan Johnson
- *The More of Less* by Joshua Becker