

3 Keys to a Simple Life - Week 1

Warm - up (Choose one warm-up question for your group)

What is the most stressful/complicated part of your week?

What season of the year is most stressful/complicated for you?

In this study, *Give Me The Simple Life*, we are going to discuss practical biblical keys to obtaining a simple life and how to release a complicated life.

Word and Application

Read 1 Corinthians 1:17-21. According to this portion of scripture, what does God say about the world's wisdom?

There is opposing momentum between God's way of doing things and the world's way of doing things.

Why do you think life gets so quickly complicated?

The world and its ways thrust itself upon us everyday. There are many distractions that are not necessary. What are some of the most common distractions you see people fall prey to?

Read 1 Thessalonians 4:11 and Proverbs 4:25-27. What do these verses speak about how our lives should look?

We should strive to be quiet, hard workers, focused, and people who think before we act.

Jesus is not complicated and therefore is the model we must follow in order to live the simple life. God calls us to live a quiet and simple life, but it takes effort to keep our lives simple. A complicated life is hard work and it produces nothing but stress. The simple life is also about hard work, but it produces fruit.

Pastor Dianne says that the simple life is direct, honest, and unembellished. Let's discuss the three keys for obtaining the simple life.

1. The first key is to simplify our activity. This means we need to de-clutter our clutter, clear out our inbox, and sort through our things.

How good are you at simplifying your activity? Why does it matter?

2. The second key to living the simple life is to have a high completion drive. This means we finish things we start.

Do you typically finish what you start? How can you work on improving in this area so you can finish what you start and obtain a simple life?

3. The third key to living the simple life is to simplify our calendars. We need to value our time, not just manage it. What do you think it means to “value your time and not just manage it?”

Read 1 Corinthians 7:31. According to this verse, why do we need to value where we spend our time?

What areas do you need to change to move away from living a complicated life to living the simple life the Bible speaks about?

Prayer

Ask God to help everyone discover how to simplify their lives and be more effective in fulfilling their destiny. Also, take time to ask everyone in the group what specific prayer requests they have.

Lord, we need your help. We are asking you to help us all discover how to simplify our lives ... to be more effective in fulfilling each of our destinies. You said we could ask you for wisdom and you would give it to us liberally, so we are asking! Encourage us along the way. We trust you and we love You. In Jesus Christ's Name. Amen.

Notes

Simple Relationships - Week 2

Warm-up

If uninvited guests were to show up to your birthday party how would you respond?

Name your favorite movie about friendships. Describe your favorite scene.

Last week we discussed the 3 keys to obtaining a simple life:

- 1) Simplifying activities
- 2) Having a completion drive
- 3) Simplifying calendars by valuing our time

Today, we will move towards a simpler life by focusing on the area of our relationships.

Word and Application

Read Romans 12:18. How do you think relationships would be affected if people put this verse into action?

We have the opportunity to simplify our relationships when we take the responsibility to live at peace with others.



What kind of feelings do you have when you look at this pile of tangled yarn? Why?

The biggest area in our life where a ball of complication can occur is in our relationships.

What do you think are some of the top reasons relationships become complicated?

We are called to love and value people by stewarding our relationships wisely. Doing so is not just good for us, but also good for others.

Read Romans 5: 1-2. We need to remember we are justified by faith. Since our salvation is found in God we need to quit striving and accept God's peace.

What does it look like to quit striving in your relationship with God?

We do not need to strive in our relationship with God because he extends his grace to us. God's grace is not something we can earn, but something we freely receive.

Read Romans 5:3-4. What do these verses tell us our perspective on life should be when facing challenges?

God has called us to persevere during difficult seasons and with difficult relationships. How can gaining God's perspective on life's challenges help you grow through your challenging relationships?

If we live with God's perspective, then his character is forged within us as we persevere through difficult relationships and circumstances.

Read Romans 5:5. When we persevere through difficult times we are rewarded with godly character and hope that does not disappoint.

How will the hope promised in Romans 5:5 help you to keep the right perspective as you look to simplify the complicated relationships in your life?

As we close today let's read Romans 12:18 once again.

"If it is possible, as much as depends on you, live peaceably with all men." Romans 12:18

Prayer

Father God, we need your help in our relationships. We invite you to intervene in our relationships. Come and help us to live peaceably with all people in our sphere of influence. Your grace is sufficient and your love is always available to untangle us from complicated unhealthy relationships. We humbly ask for your wisdom to help us value and steward these precious relationships. We trust you and we love you. In Jesus Christ's name, yes and amen!

small groups **WEEK OF SERVING**

Small Group Week of Serving

November 2nd – 9th

Jesus said, “Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me.” John 12:26

One of the best ways we can serve the Lord is by serving others. The Small Group Week of Serving is a great opportunity for your small group to make a difference in the community and in the lives of others. First, pray then “see a need and meet it!” It’s that simple.

**For ideas on serving, go to
Leadership.ChurchoftheKing.com/serve**

Simple Communication - Week 3

Warm - up

Who has seen the movie, "Finding Nemo?" What did you feel when Dori was not on task with the importance of the moment?

In this week's study we are going to discuss how simplifying our communication will help simplify our lives.

Word and Application

We all can do something about improving and simplifying our communication with others.

Let's read Psalm 17:2-3 to see what King David says about the words we speak and the thoughts in our heart.

"Declare me innocent, for you see those who do right, you have tested my thoughts and examined my heart in the night, you have scrutinized me and found nothing wrong. I am determined not to sin in what I say!" Psalm 17:2-3 (Message)

What are some ways we sin in what we say?

It is important for us to remember that communication is a two-way street. This means we need to listen before we respond. If we do not strive to listen before we respond, we tend to complicate our communication.

Read James 1:19-21. How can listening help you simplify your communication? How will clearer communication improve your relationships with God and others?

Listening is vital in simplifying our communication and our relationships.

Read Luke 6:45 to find out how our response in situations shows the motives in our heart. We must guard our hearts (Proverbs 4:23) in order to respond to people in a godly manner.

Below is a list of words and phrases that go a long way in adding value to those with whom we communicate.

- PLEASE
- THANK YOU
- YES
- I AM SORRY
- COUNT ME IN
- NO
- I LOVE YOU
- I APPRECIATE YOU
- WHATEVER IT TAKES
- NO WORRIES

Of all the phrases mentioned above, which phrase is the most meaningful to hear from others? Why?

Which word or phrase is the most difficult for you to use?
Why?

What step(s) can you take this week to begin to simplify your communication so you can experience improved relationships?

This has been a great lesson! See, you are already moving toward the goal of a simplified life so keep going.

Prayer

Father God, oh how we need your help in this area of simplifying our communication! Come quickly and tame my tongue. I give you permission to work in my heart and in my words, so that I speak words of life over others and over my situation. Thank you for bringing me to a place of simplicity, even in my speech! Please mold us and help us to be a bowl of soft clay, so that we can cooperate with you more and more each day. I trust you and I love You, LORD. In Jesus Christ's powerful Name, Amen.

Also, take time to ask everyone in the group what specific prayer requests they have.

Simple Faith - Week 4

Warm-up

How do you feel when you take the time to “de-clutter” your house, car or office?

The simple life is effective, fruitful and enjoyable! It is hard to experience joy when we are living a complicated life! During the past three weeks we’ve looked at simplifying our daily lives, relationships, and communication. Today, we are going to look into what it takes to live a life of simple faith.

Word and Application

John 10:10 says “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.”

That abundant life is not just for when we reach Heaven’s gates, but also for the here and now. What is one example of living the “abundant life” during our life on earth?

Without Jesus, we can be tempted to pursue religious acts as a means to simplify our lives. With Jesus we can have the simple life because we walk in relationship with him, instead of trying to follow rules.

What are some important distinctions between “being religious” and “having a personal relationship with Jesus?”

Religion emphasizes guilt, punishment, and trying to measure up to a certain standard. Jesus came to highlight God’s mercy, love, faithfulness, and forgiveness -- It’s the simple life!

Read Ephesians 2:8 and Romans 5:1. So what is faith and how important is it in God’s eyes that we have it?

The Bible says in **Hebrews 11:1**, “Now faith is the substance of things hoped for, the evidence of things not seen,” and **Hebrews 11:6** says, “without faith it is impossible to please Him, ...”

There was a story in the message series about women who were incarcerated for murdering their husbands and how they experienced freedom when they accepted Jesus as their Lord and Savior. Their freedom was not physical, because they remained in prison, but they experienced freedom through a relationship with Jesus Christ.

*“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:7***

Share a time when you experienced the kind of peace described in **Philippians 4:7**.

Pastor Dianne said, "Simple faith simply believes!" In order to maintain a simple faith, we should remember some key points:

1. Remember, you have an audience of One!
Read Matthew 6:1.
2. We have a problem!
Read Romans 3: 23 - 24.
3. There is only one way to get to heaven!
Read John 14:6.
4. Knowing about Jesus is not enough.
Read John 3: 16

God showed His great love for us by sending His perfect Son to die a sinner's death on the cross for our sins. Each of us must ask Him into our own hearts. An encounter with Him is simply life-changing!

5. Simple faith is powerful!
Read Matthew 17:20

How much faith do we need in order to see God work miracles in our lives?

Today we have discussed what it means to have a simple faith. I would like to ask if anyone would like to invite Jesus to be her Lord and Savior today. If so, please say the following prayer with everyone in our group:

Dear Jesus, I am a sinner in need of a Savior. I have sinned. I let go of my past and turn to you. I turn to the cross. I ask you to wash me clean with your blood. Forgive me. I put my life in your hands, Jesus. From this day forward, I am yours!

Prayer

Help me, God. My world sometimes seems like it is overwhelming and out-of-control. At times I feel weary and helpless. I come to you believing that you are the Prince of Peace. Today I turn away from fear and choose to step into the abundant Life that you have promised through faith in you. In Your Almighty Name I welcome the simple Life that you offer me. I praise You, Father, Son, and Holy Spirit and thank You for Your amazing love! Amen.

Small Group Leaders:

Please help the ladies in your group stay connected and growing by continuing to meet on a regular basis or by helping them get into another small group. If you need to know your next step as a small group leader, please visit Leadership.ChurchoftheKing.com/nextstep.

If you need assistance or have any questions please email us at smallgroups@churchoftheKing.com or call 985.292.3135.

Notes
