

Simplicity as a Lifestyle

Opening:

At this point most of you know each other, but if there is anyone new take a minute and have everyone introduce themselves and have them answer the following questions:

- 1) Name
- 2) Where are you from?
- 3) Bundle or Fold your toilet paper?
- 4) Why did you show up tonight?

Expectations:

- Show up, if you can't make it let us know.
- Have fun.
- What's shared here stays here.
- Be willing to be vulnerable. Growth happens with honesty.
- Share but leave room for others to talk.

Announcements:

Here is where the leader or someone in your group shares other opportunities to be involved at CCC.

Show Video

Discussion:

Read Matthew 4:1-11, NIV

4 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. **2** After fasting forty days and forty nights, he was hungry.

Note: Jesus wasn't weak, he was just hungry. In fact, because he had been engaging in the spiritual habits (fasting, meditating on scripture, prayer and silence and solitude) he was ready for the challenge.

Question to discuss: What Spiritual Disciplines or Habits seem to help ground you the most and why?

3 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."

Question to discuss: Satan wanted Jesus to prove himself. What are ways your life becomes complicated when you try to prove yourself?

4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Note: Jesus was able to say no because he was grounded in what the word of God said.

Question to discuss: Can you give an example of you being grounded in a tough time because of what the word of God said?

5 Then the devil took him to the holy city and had him stand on the highest point of the temple. 6 "If you are the Son of God," he said, "throw yourself down. For it is written:

"He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."

Question to discuss: What was the devil challenging by asking Jesus to throw himself down?

7 Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.'"

Question to discuss: How do we test God in our lives? How does it lead us away from simplicity and a life of trust?

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. 9 "All this I will give you," he said, "if you will bow down and worship me."

10 Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'"

Note: The greek word here for worship is Proskuneo coming from the word Pros which means to move towards and Kuon like a dog(ruff ruff) ultimately meaning in humility or surrender.

What areas in your life are complicated because you move your life towards them or surrender to them instead of Jesus?

11 Then the devil left him, and angels came and attended him.

Note: Jesus passed the test because of his time in spiritual habits, but ultimately the test was to say no. Read Galatians 5:22-23.

Question to discuss: What fruits are being stolen from your life because you aren't saying no even to good things? Give an example of something in your life you need to say no to so you can experience simplicity and the life Jesus has for you.

Say no to _____ in order to experience more peace.

Say no to _____ in order to experience more joy.

Say no to _____ in order to experience more patience.

Say no to _____ in order to experience more kindness.

Say no to _____ in order to experience more self control.

Say no to _____ in order to experience more faithfulness.

Note: Sometimes we have to say no to good things in order to draw closer to Jesus and experience the fruits of the Spirit and that's okay. 1 Timothy 2:1-8 talks about living a peaceful, quiet and Godly life amidst chaos. God is calling you to peace and Jesus' rhythms.

Prayer: Spend some time as a group praying together. Have each member who feels comfortable confessing outloud what they need to say no to and for God to give them all the strength to do so. Take a moment at the end and be in silence whether its a minute or 5 minutes as a time to let God speak and also saying no to having to do something or move on to the next thing.