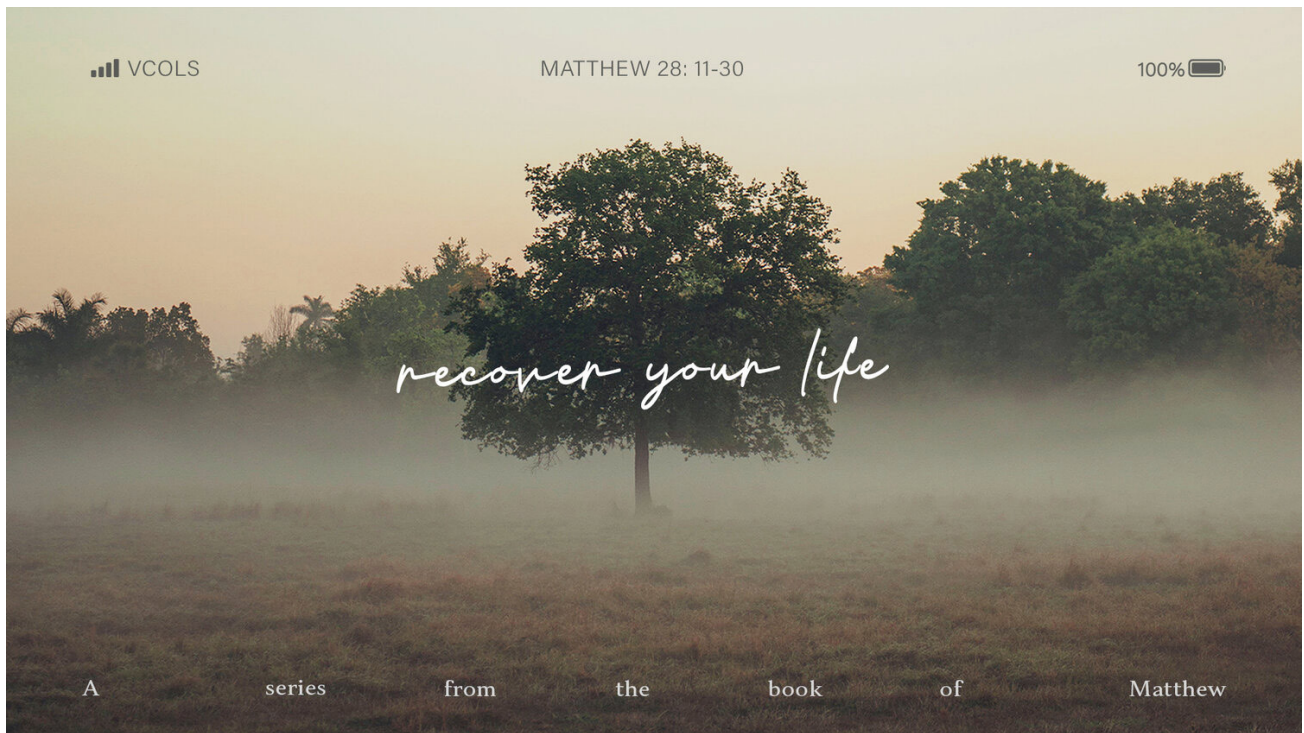


SERMON SERIES COMPANION STUDIES
FOR SMALL GROUPS



STUDY 5

A Path to Simplicity

SERMON TEXT: MATTHEW 6:19-34

Getting Started

If you haven't done so already, share this PDF, or the link to this study, with other members of your group.

After greeting one another, take a minute or two of silence together and offer an opening prayer. If you don't all know one another already, invite each group member to share their name.

Opening Question

What are the simple things in life that you enjoy?

Purpose of This Week's Study

To learn how God brings freedom to our inner lives that leads to simplicity in the whole of our lives.

INTRODUCTION TO THIS WEEK'S STUDY

We're at the end of a sermon series about recovering our lives where we have been learning to engage in practices that will replenish and restore us. Today we're going to look at what Jesus has to say about achieving this internal freedom that brings simplicity to our lives.

Scripture Reading

Have a group member read this passage aloud. Consider reading it a second time from another version of the Bible (MSG, NLT).

MATTHEW 6:19-34 (NIV)

¹⁹ "Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.

²² "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

²³ But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!

²⁴ "No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

²⁵ “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?” ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life?

²⁸ “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. ²⁹ Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? ³¹ So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own..

For Reflection & Discussion

1. What does your life show you love? Where are you using your time, energy, and resources? What is the result of these stored up earthly treasures?
2. What would it look like for you to invest in eternal things? How would your life’s pace and path change?
3. How does the reminder of God’s omniscience (all-knowing) help give us peace amid anxiety and worry? (Vs. 26)
4. What are we supposed to do instead of worry? How can we practically do this? (Vs. 33)
5. How might the freedom of trusting God’s power and provision lead to a simpler life?

For Prayer Ministry

As a group, invite the Holy Spirit by simply saying, “Holy Spirit, come.” Wait for a short time and invite group members to share anything that God may be saying. If there’s anything resonant among group members have them pray together. You can then also divide into smaller groups of 2 or 3. Pray for one another that you would respond to God’s invitation to trust Him and thereby simplify your life. Also pray for any needs or prayer requests.

For Further Reflection & Action Outside of Group

Pray throughout your week for God to show you some areas where He may be asking you to use your time, energy, or resources differently. Ask him to give you the faith and trust to make some changes and invite simplicity into your life. Consider connecting with God in nature or by taking a prayer walk around your community to slow down with the Lord.