



# THE SIMPLE LIFE

*discussion guide*



## Conversation Starter

- What is your favourite sport to watch or play?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Philippians 3:12-14, then watch Session 1.**

Over the course of these next four sessions, we are going to be looking at the Simple Life. What does it mean to live simply? Let's begin with our relationship with God.

- What word best describes your relationship with God?  
*(Feel free to come up with your own)*

*Life-giving, Work, Confusing, Grateful, Ritualistic,  
Satisfied, Mysterious, Uncertain, Boring, Forgiven,  
Traditional, Nonexistent, Peaceful, Secretive, Fulfilling,  
Empty, Disappointing, Searching, Joyous*

- If you had to compare your relationship with God right now to a race, where would you be? Sitting on the sidelines? Warming up? At the starting blocks? Giving it your all?
- How would you finish the sentence in verse 13: “But one thing I do ...”
- How do we place God in the centre of our lives? What does it look like for you to press on towards Him?

**Pronounce it!** Read James 4:8 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you? Share your thoughts.

- What does it mean for you to draw near to God?
- How do you best experience and connect with God?
- What truths from Scripture will you apply to your life this week? What will you do about it?

## **Praise & Prayer Points**

Spend some time praying and share what God is doing in your life.

---

---

---

---

---

---

---

---

---

---



## Conversation Starter

- When you are sad, or tired, or discouraged, what do you turn to for rejuvenation?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Luke 10:38-42, then watch Session 2.**

At the end of Luke Chapter 10, we read about the story of Mary and Martha. These were close personal friends of Jesus with two very different personalities.

**Picture yourself as Mary.** Ask yourself, “How would I feel if I were involved in this situation? What would I say? What would I do?”

**Picture yourself as Martha.** Ask yourself, “How would I feel if I were involved in this situation? What would I say? What would I do?”

- Would you consider yourself to be more like Mary or Martha?
- What does Martha's frustration reveal about what was going on in her heart?
- How did the priorities of Mary put her other responsibilities in perspective?

When looking at the story of Mary and Martha in Luke Chapter 10, I'm reminded and encouraged to be intentional about my time. We do know that our time, no matter how brief it may be, is highly important. What you do with your time matters.

- What does it look like for you to be intentional with your time?
- What time of day have you found to be best for you to be able to really sit, listen, and hear from God?

**Pronounce It!** Read Psalm 90:12 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you? Share your thoughts.

- What does it mean for you to "number our days"?
- How are you going to make time your friend?
- What truths from Scripture will you apply to your life this week? What will you do about it?

## **Praise & Prayer Points**

Spend some time praying and share what God is doing in your life.

---



---



---



---



## Conversation Starter

- If your house accidentally caught fire, what three items would you try to save?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Mark 10:17-22, then watch Session 3.**

Money matters. Whether we like it or not, we live in a society that runs on money. In Mark 10, we read about the story of a rich young man who comes to Jesus to ask what he could do to receive eternal life. Jesus challenges him with this, sell everything and give the money to the poor.

- The last time you had some extra money, how did you spend it?

**Picture yourself as the rich young man.** Ask yourself, “How would I feel if I were involved in this situation? What would I say? What would I do?”

- How do you feel about the rich young man’s situation?

- What would you do if Jesus asked you to sell everything you have and give the proceeds to the poor?
- How much has your commitment to Jesus Christ and his way of life influenced your values?

God is calling each and everyone one of us to be wise stewards with all that He has entrusted us with.

- Knowing that everything belongs to God, how does that change the way we look at our resources?

**Pronounce It!** Read Matthew 6:20–21 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you? Share your thoughts.

- What does it mean for you to store up treasures in heaven?
- What would you do in this life if you REALLY believed that money had no lasting value?
- How can we learn to be good stewards with all that God has given us?
- What truths from Scripture will you apply to your life this week? What will you do about it?

## **Praise & Prayer Points**

Spend some time praying and share what God is doing in your life.

---

---

---

---

---

---

---



## Conversation Starter

- Besides God, who has influenced you the most?

## Digging Deeper

- What stood out to you the most from this past weekend service?

**Together, open your Bibles and read from Matthew 22:36-40, then watch Session 4.**

In the Great Commandment, Jesus offers us a new way of living, a challenging way of living, a simple way of doing relationships. Love God, Love people.

- What are some simple ways to show our love to God? To our neighbours? Share an experience in which you saw “loving your neighbor as your self” displayed.
- Why do you think Jesus emphasized loving God with our heart, soul, and mind? How is that related to loving people?
- How can we learn to be selfless instead of selfish in our relationships?
- In what ways do you want to grow in your love for people?



**Pronounce It!** Read 1 John 4:11-12 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you? Share your thoughts.

Remember that at one time we were God’s enemies, and His love has brought us back into relationship with Himself. God loved us first, so we ought to love one another.

**Pronounce It!** Read Matthew 5:43-48 several times, stopping after each word or phrase. Which words or phrases stand out most prominently to you? Share your thoughts.

- Have you ever shown love to an enemy? How? What did that look like?
- What truths from Scripture will you apply to your life this week? What will you do about it?

**Praise & Prayer Points**

Spend some time praying and share what God is doing in your life.

---

---

---

---

---

---

---

---

---

---

---



*Life can feel so complicated ...*

Time. Money. Relationships. Where does God fit in?

This 4-week study offers Biblical wisdom and practical steps towards a simpler life.



*Building lives that honour God ... all for Jesus.*

[faccalgary.com](http://faccalgary.com) | [@faccalgary](https://www.instagram.com/faccalgary)