

GOD

MORE

SIMPLIFY

Simplify your life. By letting go of stuff, you learn to notice and trust in God's provision each day.

SCRIPTURE

Matthew 6:31-33 MSG

What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.

DAILY PRAYER

Father, I'm in desperate need of a simpler life, a life with less worry, less stress, and less stuff. Like a surgeon removing sickness, cut out of my life the things I put ahead of you. Instead of possessions, I pray for more faith, greater love, and deeper peace.

NOTICE GOD THIS WEEK

Imagine approaching an intersection and encountering a yield sign, imagine the most cluttered space in your life, maybe your closets, phone, calendar, or credit card bill. Now imagine getting rid of that clutter—both mentally and physically—giving your mind room to rest and refocus on God. Read Matthew 6: 25-34, noticing how this invites us to trust that God will meet our needs. Consider the Serenity Prayer: "God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

NOTICE GOD TOGETHER (FAMILY OR GROUP)

DISCUSSION: What addictive behaviors or routines consume your time? How do we spend our time motivated by unrealistic expectations?

How might we simplify spending and over working?

ACTIVITY: On a piece of paper or note card, write down what you would buy if you suddenly had one million dollars. Make a group list. Go online and find the cost of each item on the list. Total it up. Make note of how a million dollars doesn't seem like enough. Read Ecclesiastes 2. Discuss how a life of "stuff" is different from the life Jesus calls us to.

WAYS I NOTICED GOD TODAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Additional questions to ponder: almacog.org/notice

