

Habits of a Healthy Heart When Less Is Better

TALK IT OVER

Key Scriptures

Then they were all encouraged, and also took food themselves. ... So when they had eaten enough, they lightened the ship and threw out the wheat into the sea.

Acts 27:36, 38 NKJV

“Don’t store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and thieves do not break in and steal. Wherever your treasure is, there the desires of your heart will also be.” Matthew 6:19-21 NLT

... let us strip off every weight that slows us down ... We do this by keeping our eyes on Jesus ... Hebrews 12:1-2 NLT

Better one handful with tranquility than two handfuls with toil and chasing after the wind. Ecclesiastes 4:6 NIV

... I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through [Christ] who gives me strength. Philippians 4:12-13 NIV

Start talking. Find a conversation starter for your group.

- What does “enough” mean to you?

Start thinking. Ask a question to get your group thinking.

- Which part of this message was most impactful for you and why?
- How easy or difficult is it for you to believe that you have enough? What would look different in your life if you believed you had enough?
- Read **Matthew 6:19-21**. What stands out to you in these verses? What does it look like to “store your treasures in heaven”?

Start sharing. Choose a question to create openness.

- Talk about some of the most meaningful things you have in your life. How could focusing on these things help you believe that you have enough?
- Is there anything in your life that you need to get rid of in order to more fully focus on Jesus? What steps can you take this week to let go of things that don’t matter?

Start praying. Be bold and pray with power.

Father, thank You for giving us everything we need. We believe that You are enough. Please give us less of what doesn’t matter and more of what does. Help us remember that You are what matters most. In Jesus’ name, amen.

Start doing. Commit to a step and live it out this week.

- **This week, take one step toward simplicity by getting rid of something that doesn’t matter. Notice how this action creates more space in your heart for the things that matter most.**
- Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: www.go2.lc/simplify
- Consider how you could love others by serving on the weekend or with a Local Mission Partner.