



Watch the Table Talk Video

Let's Talk:

In your mind are the words Simplicity and Sacrifice positive or negative? How do these words make you feel?

What is the difference between the discipline of simplicity and minimalism (cultural movement)?

Let's Study:

Read Matthew 6:19-21 & 24.

How would you notice if someone is living *this life* as though it is "*all there is*"?

What is something in your life that you feel that you would not want to, or are afraid that God might ask you to sacrifice?

Do you personally believe that by sacrificing or living more simply here in this life, so as to grow and serve the Kingdom of God, that you will be blessed in the life after?

Read Psalm 24:1.

What does this verse say about God? How does this impact the way you view your relationships and possessions?

Read Luke 12:15.

Jesus warns not to measure your life by the amount of things you possess. Discuss how materialism and consumerism skew one's perspective on the purpose of life.

Read 1 Timothy 6:6-11, 17-18.

From these verses, what instructions and attitudes would help us learn and develop the disciplines of simplicity and sacrifice?

Let's Apply:

Have there been times in your life when you have judged others for not being as simplistic? Or perhaps have you been critical of others who have been more sacrificial than you, feeling they are being reckless, unwise or going too far?

How do we prevent simplicity from becoming some kind of a secular religion (*“he who loses his stuff, shall find his life”*) or on the other hand, pride and idolatry (*“I’m a better Christian because...”*)?

Adele Ahlberg Calhoun says the goal of simplicity is, *“to uncomplicate and untangle my life so I can focus on what really matters.”* What would you need to accomplish that?

Is there something this week you could sacrifice, so that you could increase your generosity elsewhere?

Let’s Pray:

Richard Foster, says that simplicity frees us from anxiety as we begin:

“... giving what we have as a gift from God, {caring} for what we have, and the third is to have our goods available to others.” In the week ahead ask the Lord to remind you of this as you practice simplicity and sacrifice. Take time to pray as you share your requests with one another.