



---

# WEEKLY GUIDE

---

AUGUST 2020

---



# MOVEMENT @ HOME

Gather together as a Community in a comfortable setting (around a table, on the couch, the floor of a living room, etc.). Have somebody lead a prayer asking the Holy Spirit to lead and guide your time together.

## **Work through these questions together as a Community (25 – 30 minutes)**

1. Has the idea that "more is better" been part of your life or upbringing?
2. How has that idea impacted you, if at all?
3. Have you noticed any correlation in your own life between how much you own and how content you are? How did one impact the other?
4. When in life have you been most content? Did contentment take intentionality, or come naturally?
5. Is generosity part of your current financial practice? How does giving money away affect you?

### MESSAGE REVIEW

As we press into the Practice of Simplicity, specifically in relation to what we own, there are two principles that are helpful in guiding our journey toward freedom: "de-owning" (or "owning less") and generosity. As most Practices go, the more you do it, the more it changes you and the easier it gets. Eventually, we can become the kinds of people who know in our bones that what Jesus says is true: it's better to give than receive. At the end of the day, Simplicity is about a heart postured towards God, believing in his goodness and provision.

## THE LAB

There are two parts to this practice, based on the two steps: limiting how much we own, and practicing generosity.

**First, to limit how much we own, we'll plan to minimize our homes.** Unless you live in a studio apartment alone or are already something of a minimalist, this is likely to take much longer than a week. It may take months, or longer! That is okay. To get you started, we'll follow the same basic process as we did with our closets.

Continue on next page.

# THE LAB

## **Second, go through each room in your home, and sort items into five categories:**

1. Giveaway: items to give away to a friend, a neighbor (perhaps via a group like Buy Nothing), or to Goodwill.
2. Sell: items in good condition you'd like to sell.
3. Throwaway or recycle: for items beyond repair or further use.
4. Wait: this pile is key. For sentimental items or things we think we "might need" in the future, put them away in a box or bag in a closet and put it out of sight for a set period of time, perhaps 3-6 months. If at any point you want something, go get it out! Revisit the box when time is up, and you may discover the items are easier to give away.
5. Keep: whatever you feel is useful, beautiful, and has a purpose in your life as a follower of Jesus.

## **A few rules of thumb as you get started:**

- Start with the easy stuff, such as your living room and bathroom, followed by your bedroom.
- Save the hard stuff for last, such as sentimental items, office paperwork, and your gaage.
- Hold each item and ask a few basic questions: Do I need this? Is it useful or beautiful? Does it aid me or hamper me in my quest to live in the kingdom with Jesus?
- Avoid duplicates and collections. Most of us don't need multiple sets of sheets, two dozen mugs, and three sets of towels. Avoid the trap of, "but I may use this someday..." This is going to cover a huge number of items, and is the reason many of us hold on to so much!
- Get help from the experts. We have a mini-podcast series with Joshua Becker of [becomingminimalist.com](http://becomingminimalist.com) on our feed, as well as a list of recommended resources on our site.

## **Then, we'll jump in on generosity.**

1. Again, start small. As we like to say, start where you're at, not where you should be. If you're out of work right now, or in debt, just start where you are.
2. Give first. Or in the language of biblical theology, give the "first fruits." Ancient agrarian followers of Jesus would give the first fruits of their harvest to God as an act of gratitude for the rain and the sun, and an act of trust in God's provision in the weeks to come. Rather than wait until the end of harvest, see if they have anything left, and give out of that. For us today, it means as soon as we get our paycheck, we give whatever we have determined in our heart to give, rather than wait.
3. Give to a person or cause you care about, but with special attention to the poor and the church. If you can, tithe. The New Testament does not teach we have to tithe, but most followers of Jesus argue that tithing is an "economic floor" to start from, and that we are to direct our tithe to the poor and the church. If you already tithe, consider a graduated tithe (allowing the percentage of your giving to increase as your income increases).
4. Watch what happens in your heart. What as you feel more free, more happy, more content, more in the inner-life of God himself, and let that spur you on to even greater generosity.

# MENTOR ME TO MOVE

Talking through the weekly message helps you turn information into application. These talking points, questions, and scriptures are designed to help you grow in community.

## MOVE UP

Be With Jesus

Connect To Christ

## MOVE OUT

Become Like Jesus

Connect To Culture

## MOVE IN

Do What Jesus Did

Connect To Culture To Christ

## SCRIPTURE

Read the scripture

## DISCOVER

Use the Sword Bible Study method to discuss the message and reveal its meaning for our lives.

- How have you been with Jesus this week?
- Are you obeying the word?
- How have you self emptied to become like Jesus this week?
- How are you loving others (spouse, kids, family, church family and your neighbors?)
- When we choose to follow Jesus, we choose sacrifice over selfishness, the cross over comfort, and God's mission over maintaining the status quo. Have you done what Jesus did this week?
- Read the scripture from **1 Timothy 6:2-19**
  - What do we learn about God/Jesus/Holy Spirit?
  - What do we learn from the people in this story?
  - Use "S.P.E.C." to discuss from the passage if there is a:
    - Sin to avoid?
    - Promise to claim?
    - Example to follow?
    - Command to obey?

## GOALS TO SET:

**OBEY:** Think of someone in need of encouragement. Commit to lifting them up in some small (or big!) way this week. We're all chasing something.

**ABIDE IN:** Read 1 Timothy 6:2-19 and pray daily.

**TRAIN:** You need to train your disciples in this. If you don't have a disciple, who can you practice it with this week? Join us weekly on Wednesday for "Mentor Me To Move" disciple making training beginning on September 2, 2020 (**Zoom Code: 389-476-789**).

**SHARE:** "Who from your oikos map will you share this story/message or share the gospel with this week?"

## MOVEMENT KIDS PARENTING TOOLKIT

Hi, Parents!

If you're anything like us you've used the phrase kids go outside a lot this week. We've even reinstated quiet time in our home something we haven't done since the kids dropped their naps. Why? Because giving ourselves space helps alleviate tensions that naturally build especially with the close quarters of quarantine. But thank God this need for space doesn't apply to our relationship with Jesus it's actually his nearness that feeds our soul. It's our prayer this week that you and your incredible kids experience Jesus. And we hope this tool kit helps.

We love you and admire how you are leaving your family.

-Pastors Dre + Shawn Burgs

### FAMILY CONVERSATION QUESTIONS:

- What's the craziest thing you would you do for a million dollars?
- If you became extravagantly wealthy overnight, what's the first thing you would do?
- How can we get ride of some stuff that you don't need and focus on Jesus?

### MEMORY VERSE

Read the memory verse. Take a moment to go over it with your Movement Kid(s) and repeat it. As you go through the week, remind your child about it, maybe reviewing it at breakfast or before bed. Ask your child what they think it means! The more we fill our hearts with God's word, the more we can be formed by the gospel.

18 Tell the rich people to do good and to be rich in doing good deeds. Tell them to be happy to give and ready to share. I Timothy 6:18

### PRAYER

1. If they haven't done so yet, ask your child if they want to say yes to Jesus' love and follow His teachings?
2. Thank You for loving us. Thank You for giving us the Bible so we can learn about Your love. Thank You for Your plan to show love to everyone all over the world. We are glad You love us so much that You sent Jesus. Please help us to learn more about You and to trust You more. In Jesus' name, amen.

# MOVEMENT STUDENTS

Use the following thoughts and questions to have a spiritual conversation as a family. Don't emphasize having the right answer, but focus on spending time discussing the Word as a family.

## STUDENT CONVERSATION QUESTIONS:

- What's the craziest thing you would do for a million dollars?
- If you became extravagantly wealthy overnight, what's the first thing you would do?
- How can we focus less on what we don't have and more on what God has given us?
- How can you share the blessings God has given you with others in need this week?

### MESSAGE REVIEW

As we press into the Practice of Simplicity, specifically in relation to what we own, there are two principles that are helpful in guiding our journey toward freedom: "de-owning" (or "owning less") and generosity. As most Practices go, the more you do it, the more it changes you and the easier it gets. Eventually, we can become the kinds of people who know in our bones that what Jesus says is true: it's better to give than receive. At the end of the day, Simplicity is about a heart postured towards God, believing in his goodness and provision.

Who or how do you most identify with in the message and why?

Read the scripture from I Timothy 6:2-19

- What do we learn about God/Jesus/Holy Spirit?
- What do we learn from the people in this message?
- Use "S.P.E.C." to discuss from the passage if there is a:
  - Sin to avoid?
  - Promise to claim?
  - Example to follow?
  - Command to obey?

What keeps me from following/trusting Jesus today?

