

# Study Guide: Devoted to Simplicity – Anchoring Life in God’s Ways

*Anchoring Life in God’s Ways*

## **Main Idea:**

The complexity of modern life can overwhelm the soul. But God, in His mercy, gives us a rhythm—a simple, life-giving pattern grounded in His Word and exemplified in the life of Christ. True simplicity isn’t about doing less—it’s about becoming whole in Christ.

*“And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.”*(James 1:4, ESV)

## **1. Our Shared Life**

### **1.1 The Burden of Modern Life**

**Scripture:** Luke 10:38–42; James 1:8

- Martha was “anxious and troubled” by many things; Mary chose “the one thing necessary.”
- James calls instability in life the mark of a “double-minded” person (δίψυχος – a soul pulled apart).
- Simplicity starts with becoming single-minded toward Christ.

## **Discussion Questions:**

1. What does being “double-minded” look like in today’s world?
2. Where do you feel most “fragmented” in your life right now?

### **1.2 Attention Detractors**

- Distraction doesn’t have to destroy you; it only has to keep you from paying attention to God.
- “Attention is the currency of love.” What we attend to, we become.

## **Discussion Questions:**

1. What are the biggest “attention thieves” in your daily life?
2. How do these shape your thoughts, habits, and faith?

### **1.3 Where Should Our Attention Be?**

**Scripture:** Matthew 6:33

- Simplicity is not escape—it’s focusing on the kingdom first and letting everything else be ordered from there.

**Discussion Questions:**

1. How does seeking the Kingdom first reorder our priorities?
2. What might this look like practically for you this week?

### **Transition: Presence, Participation, and Renewal in Christ**

- Celebration and participation are inseparable—what you join shapes you.
- St. Gregory of Nazianzus: *“That which is not assumed is not healed.”*
- Christ took on our whole humanity (John 1:14) to redeem it fully.
- Renewal begins when we are present in our own lives (Romans 12:1; James 1:22).

**Reflection Prompt:**

Where in your life are you “spectating” instead of truly participating?

## **2. The Three Eights**

*A balanced life: 8 hours sleep, 8 hours work, 8 hours recreation.*

**Scripture:** James 3:13; John 8:39, 44

- Deeds reveal identity. Jesus taught that the works we do show who our true Father is.
- Children of God do the works of God—not to earn sonship, but to reveal it.

**Discussion Questions:**

1. How do your daily rhythms reveal your spiritual heritage?

2. Which of the Three Eights needs the most change in your life?

## **2.1 Sleep 8**

Psalms 127:2 – Rest is trust in God’s provision. Christ slept in the storm—so can we.

## **2.2 Work 8**

Colossians 3:23 – Work is a calling, but never an idol. We work from identity, not for it.

## **2.3 Recreate 8**

Isaiah 30:15 – True restoration comes from returning to God and trusting Him.

### **Practical Exercise:**

Map out your current day. How close are you to this 8-8-8 balance? Where could you begin to shift?

# **3. The God-Given Rhythm**

**Scripture:** James 5:7–8

- God has written His rhythm into creation and the Church.
- The Church Calendar patterns our time after Christ’s life.

## **3.1 Feasts – Nehemiah 8:10 – Joy strengthens us.**

## **3.2 Celebrations – Ecclesiastes 3:13 – Life’s good gifts are to be received with thanks.**

## **3.3 Commemorations – Remembering saints keeps us in the greater story.**

### **Discussion Questions:**

1. Which parts of the Church’s rhythm (feasts, celebrations, commemorations) most renew you?
2. How can you incorporate these more intentionally?

## **Closing Admonition**

**Scripture:** James 4:14; Psalm 90:12

- Life is a mist—short, but full of meaning in Christ.
- Your rhythms and deeds reveal your Father.
- In Christ, you now live as a child of God.

**Final Challenge:**

- What will you change this week so your rhythms reflect your true Father?
- How will you anchor your days in God's ways?

**Prayer Focus:**

Ask God to re-center your attention on His Kingdom, reshape your rhythms to reflect His life, and empower you to live as His child in all you do.