

Community Group Discussion Guide

Step 01: Recap what our current series is all about.

Note: Remind the group what series we're currently on (since not everyone will have been at church recently) and read through the series description provided below to refresh everyone on what it's all about.

Series Title: Habits of a Healthy Heart

Description: In new seasons, we often focus on what we should do more of. But sometimes, just need to simplify. In our series, *Habits of a Healthy Heart*, we'll take a deep breath, make space for God, and allow Him to work in our lives.

Step 02: Recap of this week's message.

Note: Read through the message outline with everyone briefly. You can stop and make comments as you see fit or read straight through it. Make sure you take time to read through the main text.

Message Title: Simplify

Main Text: Acts 27:36-38

Supporting Texts: Matt. 6:19-21, Heb. 12:1

Message Outline:

Theme: If you want to change your life, change your habits. If you want to change your habits, let God change your heart.

Point 1: God, give me less of what doesn't matter.

Heb. 12:1 throw off every weight that is holding you down

Point 2: God, give me more of what does matter.

Ecc. 4:6 better one handful of peace, than two handfuls of toil

Step 03: Lead group discussion.

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Note: Do your best to keep the discussion going. Make sure you have read through the questions beforehand and are primed with thoughts of your own. Make everyone get specific with *how* they will apply this message in their own lives and in community—*no vague ideas allowed!*

Specific to this week's message:

1. What are some things in your life that don't matter that you strongly desire to have more of?
2. What is one practical way you can simplify your life this week?

General questions:

3. How did this message encourage you? How did it convict you?
4. What is your plan for applying this message to your personal/daily life?
5. What might it look like for us to live this out in community?
6. Was there anything about this message that stood out to you?