



SPIRITUAL FORMATION

The central point for the Discipline of simplicity is to seek the kingdom of God and the righteousness of his kingdom first, and then everything necessary will come in its proper order.
– Richard Foster

GETTING STARTED

When you hear the word “simple” or “simplicity” what come to mind? How would you explain the term “simplicity” to someone hearing it for the first time?

QUESTION ONE

Read Matthew 6:25-33. In your own words, what does Jesus mean when He instructs His disciples to *seek the kingdom of God* above everything else?

QUESTION TWO

How does practicing the discipline of simplicity help us to seek the kingdom of God first?

QUESTION THREE

What are some of the barriers you find in your own life that hinder your efforts to seek His kingdom first?

QUESTION FOUR

What would your life look like on a daily, weekly or monthly basis if you actively sought first the kingdom of God and His righteousness? Be specific.

QUESTION FIVE

Read Philippians 4:10-13. Contentment with who we are and where we are in life--or lack thereof--can influence our ability to stay committed to our spiritual disciplines. Are you content with your life? Your current life season?

QUESTION SIX

What comes to mind when you read Paul's words “*I have learned to be content with whatever the circumstances*”? Where in your life have you found this statement to be true for you?

FOLLOW UP: Where do you struggle with this?



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QUESTION SEVEN

What do you think it would require for you to learn the *"secret of being content in any and every situation"*? How might the discipline of simplicity make that easier?

PRAYER & APPLICATION

Take a few moments to think through areas of your life that may require simplifying. How might you embrace simplicity in that area? How might you seek God's kingdom first in this area? Remember, simplicity is about freedom, not simply "less". Share with one another the areas each of you want to focus on and pray for one another.

Richard Foster writes: *"May God give you-and me-the courage, the wisdom, the strength always to hold the kingdom of God as the number one priority of our lives. To do so is to live in simplicity."*

Conclude your time in prayer asking for God to give each of us the courage, wisdom, and strength to be content and to seek the kingdom first in every aspect of our lives.