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# HABIT 5

## LIVING A SIMPLE LIFE

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We live in a society and age that's becoming increasingly complex with many competing demands. It seems like our lives are growing ever more complicated. And yet Jesus calls us to a simple, focused life, as He lived. How can we get there?

**Read Matthew 6:19-34. See also Matthew 5:33-37.**

## Context

1. Write down the competing demands in your life? Organise them in some sort of priority order.
2. Who is Jesus speaking to in this section? (See Matthew 5:1)

## Observation

3. What is the highest priority Jesus puts forward for our lives?
4. What does He say we are to do with the other concerns we have?

## Meaning

5. What does it mean to seek first the kingdom of God (v33)? What would your life look like if you did that in every instance?

6. The simple life is arises out of contentment (See Philippians 4:10-13). Discuss how this worked out in Paul's life (bear in mind he's writing this from prison). How can it work out in your life?

## **Application**

7. What are the things that are worrying you at the moment? List them.
  
  
  
  
  
  
  
  
  
  
8. Discuss how you can de-clutter your life and be more focused (Don't limit this to possessions. Think about your thinking, speaking, living). Be specific about the steps you are willing to take, starting this week.

Pray for each other. Ask God to empower us to live for his glory alone.