



Week 1: Simplicity

2 Corinthians 11:2-4

Talk About It:

1. Why do spiritual activities feel awkward?
2. What are the five sources of mind clutter?
3. How does mind clutter affect your spiritual life?

Watch It: Watch Video Week 1

Read It:

Read 2 Corinthians 11:2-4

How do you understand the simplicity and purity of devotion to Christ?

Think On It:

1. How does simplicity in prayer unclutter your mind?
2. How does simplicity in meditation unclutter your mind?
3. What is cluttering your private life?
4. What is cluttering your public life?

Apply It:

Create a time chart of your weekly activities. Evaluate each activity.

- Am I spending time doing this because I have to or because I want to?
- Is there a creative way to cut back on the amount of time this activity requires?
- Is this activity really necessary?

Challenge:

Work to free up two hours of time per week so that essential God-time is available to you.



Week 2: Silence and Solitude

Psalm 46:2-11

Talk About It:

- 1.What happens in your mind when you try to sit quietly? What happens in your heart?
- 2.What is your busiest time of the year or week?
- 3.Do you have any quiet time built into your life?
- 4.Read Mark 1:35-38 Why would Jesus take time for silence and solitude?

Watch: Watch Video Week 2

Read It:

Read Psalm 46:2-11

What is one idea about God that jumped out to you?

Think On It:

- 1.Why do you think God wants us to have moments of stillness where we wait on Him?
- 2.Have you ever journaled before?
- 3.How could you journal during times of silence and solitude?
- 4.What are some in between spaces in your life you could use more effectively?

Apply It:

- 1.Out of the time you saved by simplifying your schedule last week, schedule a specific time for silence and solitude this week. Find a time and place that will allow you to be mentally alert, uninterrupted, and is quiet.
- 2.Sit quietly or kneel before God and ask Him to clear the clutter from your mind, calm your soul, and refresh your spirit. Then do nothing for the rest of the time you have scheduled with Him.



Week 3: Surrender

Hebrews 12:1-3

Talk About It:

- 1.What are things that "feel good but are not good" to you?
- 2.What life experiences "didn't feel good but were good" for you?
- 3.When you hear the word "surrender" what do you associate with it?
- 4.Does the word carry positive or negative connotations to you?

Watch It: Watch Video Week 3

Read It:

Read Hebrews 12:1-3

Think On It:

- 1.What are some things we tend to "hold onto" that can hurt us?
- 2.The author of Hebrews tells us to "lay aside the sin that so easily entangles us" in the race God has for us. What are some habits, ways of thinking, or attitudes that God is calling us to lay aside today?
- 3.What makes surrender difficult? What keeps us from doing it?
- 4.How do we see the practice of surrender play out in the life of Jesus?
- 5.In what ways do we "hold onto" our hopes and dreams instead of fully entrusting them to God?
- 6.What does it mean to "seek God's Kingdom first" in our lives?

Apply It:

What is one action we can take this week to practice surrender?



Week 4: Humility

1 Peter 5:5-11

Talk About It:

Who is one of the most humble people you know and why?

Watch It:

Watch Stop Trying and Start Training video Week 4

Read It:

Read 1 Peter 5:5-11

Think about It:

1. If Humility is a discipline, how can you stop trying and start training to become more humble?
2. One of the best ways to remain humble is to have a heart of gratitude. What are some things that you are grateful to God for?
3. When you reflect on Christ washing the disciples feet, what are your thoughts on Him washing Judas' feet?
4. We exercise the discipline of Humility by:
 - Sit on promoting ourselves
 - Stand up for others
 - Bow low before God
5. Which one can you grow the most in?
6. Read Philippians 2:3 How can you start living this out this week?

Apply It:

7. So you want to be like Christ, then what is one task that no one else wants that you can make yours?



Week 5: Self-Control

1 Corinthians 9:24-27

Talk About It:

1. What areas of your life (thought life, emotional life, behavioral life, financial life, physical life, etc) do you have the most self-control over? What helped you develop that self-control?
2. How do you feel when you fail to exercise self-control? How do you feel when you succeed?

Watch It: Watch Stop Trying and Start Training video Week 5

Read It:

Read 1 Corinthians 9:24-27

Think On It:

1. What story about how Jesus exercised self-control inspires you and why?
2. What areas of your life do you need to develop self-control? Why? What would the result look like if you did develop self-control there?

Apply It:

1. What steps can you take to develop self-control? How can you hold yourself accountable? Who can you invite to partner with you?
2. What Bible verse can you memorize to allow the Holy Spirit to influence you?



Week 6: Sacrifice

Romans 12:1-3

Talk About It:

1. Discuss how sacrifice, humility and self-control all relate to one another.
2. What do you treasure most on earth? How would you respond if God asked you to surrender that person or thing to Him?

Watch It: Watch Video Week 6

Read It:

Read Romans 12:1-3

1. According to this passage, what should our motivation be for sacrifice?
2. What will the result be of this sacrifice?

Think On It:

1. Jesus says in the gospels "deny yourselves". In your estimation, what do you think this means?
2. Why do you think Jesus calls themselves to deny themselves?
3. Think of someone you know (aside from Christ) who sacrificed for another or for a cause or idea. What did that mean to you?
4. Describe the nature and reason for a great sacrifice you have made in your life.
5. What holds you back from making material sacrifices?

Apply It:

1. Examine the patterns of your life to see if there are cycles of self-focus that need addressed with the help of the Holy Spirit.
 2. Consider: Reexamine your schedule to see if there are activities you can sacrificially give up in order to have more time with Christ.
 3. Evaluate your expenses in order to find margin that will allow you to give to church or a particular ministry.
 4. Consider fasting for a meal in order to focus on God rather than the temporary enjoyment of a meal.
- Think of self-sacrificial ways to love your spouse, children, family or friends.