

40-Day Refresh Discussion Questions
Simplicity: Luke 10:38-42
Drawn from the January 28, 2024, sermon by Dr. Jeff Chandler

Opener: What do you currently want to "unclutter" from your life so you can focus more on what's important?

This small group study is a companion to the 40-Day Refresh devotional readings for January 29 – February 3 as well as a reflection on the sermon from January 28.

Luke 10:38-42

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

1. How can we balance being like Martha, active in service, and Mary, focused on learning, reflection, and "sitting at Jesus' feet"?

Ecclesiastes 7:30

"God made man simple; man's complex problems are of his own devising."

2. The Devotion by Richard J. Foster contrasts "simplicity" with "duplicity". How does simplicity bring us freedom, and how does it integrate the inward and outward life into one?

1 Corinthians 14:33

"For God is not a God of confusion, but of peace."

3. In Matthew 11:28, Jesus said: "Come to Me, all you who are weary and burdened, and I will give you rest." Where do you need to find Jesus' rest and peace today?

Deuteronomy 14:22

"Be sure to set aside a tenth of all that your fields produce each year."

4. The January 31 Devotion highlights several verses about giving (Malachi 3:10, 2 Corinthians 9:7, Luke 6:38). How do these teach us to be cheerful givers?

Psalm 46:10

"Be still and know that I am God."

5. Why is "being still" associated with the idea of simplicity?

Hebrews 12:1-2

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith."

6. "Saint Francis of Assisi" is remembered as a model of simplicity in the February 2 Devotion. What can we learn from him and other Christian "witnesses" who have fixed their eyes on Jesus?

Matthew 6:20-21

"Store up for yourselves treasures in heaven... For where your treasure is, there your heart will be also."

7. What are you currently investing in that matters and will last? Can you give an example, and how can we pray for your desire to focus on this area?

Group Prayer Time: Lord, as we consider the discipline of simplicity, help us to focus on you and what is truly important. Enable us to put aside the distractions that keep us from pursuing your will and keep our eyes fixed on you. In Jesus' name, Amen.

For Personal Refection your own:

A. Memorize Psalm 46:10 - *"Be still and know that I am God."*

B. Go through this week's Bible App plan on the subject "Simplicity" (Found on the SCC Downloads page next to this week's Discussion Questions.)

C. Review the daily devotions for January 29 – February 3 in 40-Day Refresh.

Next week, February 4, pastor Jeff will cover "Service." Discussion questions will be available in "Downloads" on the SCC website.