GROUP DISCUSSION GUIDE

January 5, 2025

RHYTHMS Simplicity Psalm 131:1-2 Pastor James Johnson <u>james.johnson@crossroadsabc.com</u>.



NOTES

Pastor James reminded us that the spiritual rhythm of simplicity means making space for God is the cluttered areas of our lives.

MY STORY

Describe the most unencumbered time of your life and how your life has changed since then.

WHAT DOES GOD WANT US TO HEAR?

O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. (Psalm 131:1-2)

What types of things would be so great and marvelous for King David that he would need to set them aside in his mind?

How is a weaned child who trusts his mother such a great word picture for contentment and security?

What does a calm and quieted soul look like? Feel like?

What does God want us to hear? Based on the passage and the questions above, what "takeaways" do you think God has revealed to you?

WHAT DOES GOD WANT US TO DO?

Pastor James asked, "Instead of adding to the complexity of our life, why not subtract?

What would it look like to do less, but clinging to the right things that will bring us joy and help you most connect with God, others, and your true self?"

Looking back at your notes from this week's message, was there anything you heard for the first time, stuck with you, challenged or confused you?

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?



Watch on Demand crossroadsabc.com/ messages

WHAT DOES GOD WANT US TO DO?

What are some of the current (strong) influences in your life, and how much could they be adding unnecessary levels of complexity to your existence?

Identify some of the unique-to-you beneficial things in Philippians 4:8 upon which you can meditate and settle your mind.

What are some life questions to ask people to show your genuine interest and curiosity about them?

How do you evaluate the value of a possession, and whether or not you should hold on to that thing, or to give it, or throw it, away?

What does God want us to do? Flowing out of our reading and interpretation, what action does this passage or the Spirit's leading, call us to?

WHAT DOES GOD WANT ME TO DO?

Pastor James said, "An idol is when a good thing becomes a great thing, or an obsession in our life. An idol is a person or thing that takes the place of God in someone's life."

What are some good things in your life that could become idols, or already have?

Make and implement a plan to simplify your life this week, either in the areas of speech, either in the areas of the heart, speech, or possessions.

What does God want ME to do? What is the personal application and action step God is calling you, personally, toward?

