

# The Simple Life

## STUDY QUESTIONS

August 2022 (7 August - 3 September)



# The Simple Life

the simple life

We've entitled the month of August's theme *The Simple Life*. Each day we will follow a version of a generic theme as we think about some of the core fundamentals of life. Sundays we will think about re-creation. Mondays we will concentrate on the importance of relationships. Tuesdays will be all about giving thanks for the things we have. Wednesdays we will concentrate on justice, peace and the gift of sport. Thursdays we have set aside to focus on the idea of wellbeing. Fridays will invite us to consider the important place art plays in all of our lives. Finally, Saturdays will invite us to reflect on the impact work has in helping us understand the moral dilemmas of living in diverse communities.

As we reflect upon some of these issues I'm certain that we will begin to see that the Bible has much to say to all of us who are searching for a greater sense of purpose and meaning in our daily lives. Exploring our daily lives through these seven themes will allow the Holy Spirit to teach us about humility, compassion, tolerance, forgiveness and love.

The theme *The Simple Life* invites to reassess our attitudes to key resources like money, gifts, education, and work. Above all we hope this theme teaches us more about the nature and character of God. We discover that God is our Father who is greatly concerned for all of his creation and that he has no favourites but he has roles for each of us to play. *The Simple Life* invites us to put an adjective beside each day of the week to help us live out our daily worship.

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*These discussion questions adapt our monthly themes for small Connect Groups or personal Bible study (look up [The Simple Life Resource Pack PDF](#) for more information on this month's theme). The questions are divided into 4 parts to correspond with the 4 weeks of the Daily Worship theme. They are offered as a guideline and there is no need to go through all the given questions in a single session, or in the following sequence. Feel free to pick and choose, or adapt to what interests you or your group.*

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## STUDY QUESTIONS

### Part 1: The Simple Life I

*This month we're keeping things simple, so very much on theme! Each week our Daily Worship will follow the same sequence Sunday - Saturday as we look at everyday life through a repeated pattern to see what we can learn about what it means to simply live as one of God's children. In our question material each week we are going to choose three threads to pull on from that seven day pattern.*

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#### Read Luke 10: 25-28

Our Thursday strand picks up on the idea of everyday wellbeing, taking time to tune into our lives and to try and live well. In verse 27 we hear quoted the timeless advice to love your neighbour as you love yourself.

What can we do this week to work on our own wellbeing **and then** what can we also do this week to help *somebody else's* wellbeing? (Perhaps even in a way that echoes what we are doing to care for ourselves.)

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#### Read Philippians 4: 8

On Fridays this month we're exploring the importance of art in our lives.

Can you think of an example of a piece of art (visual/musical/literary/anything else) that you have seen in the past few months that struck you as true, or noble, or pure, or lovely, or admirable, or excellent, or praiseworthy— (or several of the above!)?

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#### Read Romans 12: 9-10

On Saturdays we contemplate living and working in community.

How do you 'hold on to the good' (as Paul urges in verse 9) in your professional/voluntary/family/neighbourhood/community life?

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### Part 2: The Simple Life II

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#### Read Matthew 11: 28-30

The Sunday strand in our Simple Life weeks is to do with re-creation.

Jesus invites us to rest, so let's take rest seriously! On your own or as a group, have a think of as many different ways you could rest in the upcoming week as you can.

Then see if anything stands out to you. Is there a type of restful activity you've been meaning to fit in but haven't been making time for? Reflect on whether you can make time to do that thing this week and if there's a way you can share that time with Jesus, perhaps through prayer.

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#### Read 2 Timothy 1: 1-7

On Mondays we are invited to think about the importance of relationships.

Who have been key mentors or role models for you over the years — and do you in turn mentor anybody else? Or, put another way, whose example do you follow and who follows your example?

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#### Read Exodus 35: 30-35

On Fridays we are encouraged to think about arts, festivals and meaning.

Think of the skill of Bezalel and Oholiab and how their artistry inspired others. What role does creativity or artistic expression have in your faith?

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### Part 3: The Simple Life III

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#### **Read 1 Thessalonians 5: 16-18**

Our Tuesday strand focuses on gratitude.

What are you thankful for this week? Think of the first things that come to your head and then reflect a little more to think of anything that's less obvious, that didn't occur to you at first but for which you are very grateful.

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#### **Read Micah 6: 6-8**

On Wednesdays we are invited to think about justice and peace.

What does it mean day by day to walk humbly with God? And how does that link with justice and kindness?

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#### **Read Proverbs 27: 17**

On Mondays we are invited to think about the importance of relationships.

How can you be a good example to others this week?

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### Part 4: The Simple Life IV

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#### **Read Exodus 4: 10-16**

Our Monday strand is about relationships.

Do you identify more with Moses or Aaron? Are there times in life when you have been somebody's Aaron, helping them to express themselves? Or somebody's Moses, giving someone else the words to say?

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#### **Read Psalm 150: 6**

On Fridays we consider the arts.

Conceptual artists have done much to expand our concept of what 'art' is. While art is very subjective, and we don't always agree on what qualifies as 'art', it is clearly a vast subject. Art can be made in many different ways out of many different media.

Just as artists have expanded the borders of art could we do more to expand the borders of what is commonly considered 'worship' or 'praise'? This psalm ends on a triumphant note saying that everything that breathes should praise the Lord. This a very big picture view of worship! It's more than a few people and instruments on a Sunday morning. What are some other forms of worship beyond Sunday services?

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#### **Read Jeremiah 29: 4-7**

On Saturdays we reflect on work and community.

What have you learned or gained from living or working alongside people over the years? How has it enriched you?