



# 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.

*Each week of the four week theme runs Sunday-Saturday and has its own subtheme, which contains daily Bible readings and prompts for thought, extracted from their original themes and represented here in an updated form.*

## The Simple Life I (7 August)

This month we're keeping things simple, so very much on theme! Each week follows the same sequence Sunday - Saturday as we look at everyday life through the same pattern to see what we can learn about what it means to simply live as one of God's children, simply loved into eternity.

1. Philippians 4: 6

2. Psalm 1

3. 1 Thessalonians  
5: 16-18

4. Philippians 3:  
13-14

5. Luke 10: 27

6. Philippians 4: 8

7. Romans 12: 9-10

1. **Re-creation.** Reflect upon Sunday as the first day of the week. The day of resurrection. The day in the week when we are invited to think in a positive way about the week that lies ahead.
2. **Relationships nurturing values.** Sometimes we need to remove ourselves from destructive relationships. This in itself, although perhaps painful at the time, can be a positive and life affirming experience.
3. **Giving thanks, called to be thankful people.** Perhaps we need to learn to give thanks for what ever situation we may find ourselves in.
4. **Sport, justice, peace.** Consider the many thousands of Christians up and down the country who are using sport as a tool to engage with young people teaching them about winning and losing.
5. **Wellbeing — integrated life of body, soul and spirit.** Write a prayer about putting your heart and soul into living well.
6. **Arts, festival, spirituality, meaning.** Write a short reflection and prayer that explores the place of art in our daily lives.
7. **Working and living in community.** Write a prayer about what we learn from being able to live and work alongside someone who is more successful than we appear to be.

## The Simple Life II (14 August)

This month we're keeping things simple, so very much on theme! Each week follows the same sequence Sunday - Saturday as we look at everyday life through the same pattern to see what we can learn about what it means to simply live as one of God's children, simply loved into eternity.

1. Matthew 11:  
28-30

1. **Re-creation.** Write a prayer and reflection thanking God for the rest we have in Christ. Reflect upon the idea that we can bring our burden to Christ and find rest.

2. 2 Timothy 1: 4-5

2. **Relationships nurturing values.** Write a prayer and reflection focusing on the importance of relationships that have deepened our faith and understanding. Perhaps write in such a way that the prayer can be used by others who wish to thank God for a spiritual mentor.

3. Psalm 103: 10

4. James 1: 27

3. **Giving thanks, called to be thankful people.** Write a prayer of thanksgiving that might be spoken by a person who needs to say thank you because they have taken the gifts of God in creation for granted.

5. Luke 1: 46

6. Exodus 35: 35

4. **Sport, justice, peace.** Give thanks to God for the many Christians who act as coaches to the sports fraternity. Especially those who seek to work with the most vulnerable children.

7. Luke 5: 1-11

5. **Wellbeing — integrated life of body, soul and spirit.** Write a prayer reflecting the joy that comes when we can enjoy the gift of exercise and feel the sheer delight of wellbeing.

6. **Arts, festival, spirituality, meaning.** Write a prayer and a reflection that explores the place of art in the creation and salvation stories.

7. **Working and living in community.** Write a prayer and a reflection about what we learn from being part of a team.

## The Simple Life III (21 August)

This month we're keeping things simple, so very much on theme! Each week follows the same sequence Sunday - Saturday as we look at everyday life through the same pattern to see what we can learn about what it means to simply live as one of God's children, simply loved into eternity.

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|---------------------------|---|
| 1. 2 Corinthians 5: 17    | 1. <b>Re-creation.</b> Reflect upon how we can make Sunday a special day that reflects the God given opportunities to re-create the world around us.  |
| 2. Proverbs 27: 17        | 2. <b>Relationships nurturing values.</b> Write a prayer and reflection focusing on the importance of being a good example to one another.            |
| 3. Ecclesiastes 8: 15     |   |
| 4. Micah 6: 8             | 3. <b>Giving thanks, called to be thankful people.</b> Write a prayer of thanksgiving for the sheer enjoyment we can receive from good food and wine. |
| 5. 1 Corinthians 6: 12-20 | 4. <b>Sport, justice, peace.</b> Give thanks to God for the many Christians who are making a stand for social justice in the world.                   |
| 6. 2 Chronicles 2: 13-14  | 5. <b>Wellbeing — integrated life of body, soul and spirit.</b> Write a prayer reflecting the responsibility to look after our bodies.                |
| 7. Exodus 20: 3           | 6. <b>Arts, festival, spirituality, meaning.</b> Write a prayer that explores the place of art in the our worship.                                    |
|                           | 7. <b>Working and living in community.</b> Write a prayer and reflection about what we learn from being too work focused.                             |

## The Simple Life IV (28 August)

This month we're keeping things simple, so very much on theme! Each week follows the same sequence Sunday - Saturday as we look at everyday life through the same pattern to see what we can learn about what it means to simply live as one of God's children, simply loved into eternity.

### 1. Psalm 96: 6

### 2. Exodus 4: 13-16

### 3. Philippians 1: 22-26

### 4. Amos 5: 24

### 5. 2 Thessalonians 3: 10-12 & Colossians 3: 23-24

### 6. Psalm 150: 6

### 7. Jeremiah 29: 4-7

1. **Re-creation.** Sunday a special day that reflects God given opportunities to worship him through recreation. How can Sunday be a day of rest, worship and recreation with family?

2. **Relationships nurturing values.** When God calls us he always gives us the tools and the companions to do the job.

3. **Giving thanks, called to be thankful people.** Write a prayer of thanksgiving and a reflection for the sheer enjoyment we can receive from seeing the opportunities to serve another.

4. **Sport, justice, peace.** Each one of us is called to make a stand for social justice in the world. God sees worship as active justice.

5. **Wellbeing — integrated life of body, soul and spirit.** Write a prayer and reflection about why work is important to our wellbeing and understanding our relationship with God.

6. **Arts, festival, spirituality, meaning.** Write a prayer that explores the place of art and worship in our daily lives.

7. **Working and living in community.** Write a prayer and reflection about what we learn from being able to live and work alongside a community who are very different in their approach to life.