**WOODLANDS CHURCH**

**January 21st 2018. Disciplines.**

**Discussion notes: Simplify. Matthew 6: 19-34. Luke 10:41**

Life is complex and seems to be increasingly so. We experience information overload, and technology designed to serve us distracts or drives us. Morally life seems more complex too, relativism and post-modern scepticism about absolutes undermine consensus about right and wrong. Materialism and the multitude of possessions deemed necessary for modern life crowd our lives

1. Jesus emphasises the ‘one thing’ which makes sense of everything else. What is it?
2. Human beings have a restlessness in them. Augustine said ‘my heart is restless till it finds its home in you’. In what way have you experienced restlessness?
3. Taking steps to simplify our lives seems attractive. How possible is it to simplify when our lives are bound up in community? How would it affect you and your friends for example if you were not to use social networks?
4. What is the difference between being busy and being distracted?
5. How simple (but profound) is ‘truth’? What are the simple truths that are essential to being a Christian?
6. How important is stillness and simplicity in finding connection with God?
7. How can we reduce anxiety and stress in our lives as we pursue the ‘one thing’? Is fear of missing out actually causing us to live in fear?
8. Anxiety can be like background noise in our life which we become more aware of when we stop and try and pray. How can devotional practices address this reality?

Think about the things that crowd your life but actually reduce your quality of life. What can you change? How did a week of prayer and fasting help simplify your life if it did?