

**SECTION 1: What is the pattern of this world?**

Jesus is inviting us to take an honest look at how much we have conformed to the \_\_\_\_\_ of where our \_\_\_\_\_ is found.

**SECTION 2: How does Jesus invite us to be transformed?**

We can participate in our transformation by:

1. Putting our “possessions” in \_\_\_\_\_ perspective.
2. \_\_\_\_\_ to build our faith muscles.
3. Seeking first the Kingdom of God.

**SECTION 3: How will we test and approve (“try and see”) this practice together?**

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”  
– Matthew 6:33

**PRACTICING SIMPLICITY:**

*Begin the day with the Daily Meditation and choose one of the additional practices for the week.*

**Daily Meditation:** Begin each morning this week by meditating on Matthew 6:33. Write down your thoughts as they come to you and keep them as a journal of your thoughts this week. Then, sometime during the day, stop for a brief “check-in” with God. Ask: *How is my day being affected by Matthew 6:33? How are you seeking Him at work, dinner, soccer practice, etc.?*

De-accumulate! Clean out a room, closet or office. Get rid of anything you no longer use or need. Then, give it away to someone who could use it, or to your favorite charity. Have your kids do the same with their toys. *While you’re cleaning things out, think of how it symbolically relates to all the “stuff” that we accumulate in life*

*(tangible and intangible) that is making it impossible to achieve the simplicity of seeking Him.*

Eliminate something you think may be controlling you. For this week, consider cutting out your favorite junk food, online shopping, coffee, beer/wine, cable news, social media, Netflix etc. *Allow the elimination of one of these to symbolically (or literally!) represent the distractions in your life that are keeping you from the simplicity of seeking first the Kingdom.*

Review last month’s bank statement. Assess your spending habits through the lens of Matthew 6:33. What thoughts come to mind? *Consider making some changes so that your resources align more with the simplicity of seeking Him.*

Evaluate your “possessions.” Label five sticky notes with the following words: *A gift. His to protect. Available.* Spend time reflecting on the top five “possessions” in your life you’re holding on to most tightly and place one of the sticky notes on each (if it is not a “thing,” put the sticky note on something that represents that “possession”). Place the sticky note somewhere that allows you to see it often during the week. *During the week, when you see those stickies, take note of your thoughts and feelings you encounter and talk about that with God.*

Design your own practice of simplicity and write it here:

**TALK IT OVER**

Talking through the message during the week can really help clarify the things that God is teaching you and let others learn from your experiences. Get with someone this week and talk about your answers to the following questions:

List out some of the “chickens” in your life. In regard to your relationships with those “chickens,” would you say that you are more like the cadets in the first video, or like the screaming little boy in the second?

How would you describe what it means practically to seek the Kingdom of God above all else in life?

What thought from the message was most helpful to you?

What thought from the message was most challenging to you?

## SECTION 1: *What is the pattern of this world?*

Jesus is inviting us to take an honest look at how much we have conformed to the WORLD'S VERSION of where our SECURITY is found.

## SECTION 2: *How does Jesus invite us to be transformed?*

We can participate in our transformation by:

1. Putting our “possessions” in PROPER perspective.
2. ACTIVELY WORKING to build our faith muscles.
3. Seeking first the Kingdom of God.

## SECTION 3: *How will we test and approve (“try and see”) this practice together?*

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