



## SESSION 1 - BEING

### SERIES BIG IDEA

Jesus' life and teaching can help us simplify our lives and experience a clutter-free soul.

### MESSAGE BIG IDEA

We can be freed from the stress of busyness when we take time to simply be with the Creator of our souls.

### SCRIPTURE: LUKE 10:38-42

#### **At the Home of Martha and Mary**

*38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord's feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" 41 "Martha, Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

### ICEBREAKER & OPENING THOUGHT

1. What is your best method for de-stressing?
2. What thoughts and feelings come to mind when you think about trying to simplify your life?

### BIBLE DISCUSSION

3. Read Luke 10:38-42. What words and phrases grab your attention?
4. How would you summarize this story in your own words?
5. In Jesus' day, only men sat at the feet of a rabbi to learn and become a disciple. To sit at the feet of a rabbi meant to be their student with the desire to be like that rabbi and maybe even be a rabbi someday. In light of that information, what is significant about this interaction between Jesus, Mary, and Martha?

### LIFE APPLICATION

6. Simplify is learning how to be a human "being" rather than a human "doing." What do you think about your current level of busyness?
7. Part of living simply is to learn to be with God every day and to be with his people every week. How challenging would that be for you to implement that into your life?
8. What would you need to say "No!" to be with God and his people regularly?

### CHALLENGE

What is one way you could commit to sitting at Jesus' feet during this series? Maybe you could connect with God for five minutes every day, or read Scripture four times in a week, or maybe attend a celebration service four times in one month. When we learn to "be" with our creator, we begin to simplify our lives. Close in prayer.