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

ICEBREAKER & OPENING THOUGHT
These questions will help your group get comfortable talking about the subject of busyness and simplifying our lives. Some in your group may be coming to a small group for the very first time, so make sure everyone gets a chance to answer the icebreaker question.

BIBLE DISCUSSION
Help your group to see that Mary has chosen to sit at the feet of Jesus and learn from him about how to live her life. In her context, women didn't sit at the feet of important rabbis; they took their place in the kitchen, while the men would sit at the feet of a rabbi learning. Mary was learning from Jesus, not just because she was curious, but because she wanted to be one of his disciples, and Jesus doesn't chastise her for this. He says, she has chosen what is best. What lessons can we learn from Mary about the choices we make in our lives that seem to go against the grain of our culture?

LIFE APPLICATION
One way we can simplify our lives is to learn to sit at the feet of Jesus – to realign our priorities around what God wants for our lives. To do that we will need to think differently about who we are and what makes us valuable. We aren't called to live a frazzled life, but one that is centered and grounded in God's grace. Help the group envision what that might look like in their individual lives and what they might have to change to achieve it.

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.