



# simplify.

## BEING

**OPENING QUESTIONS** - *Use one or both of these questions to connect with others in your group:*

1. What is something new happening in your life?
2. What do you look forward to about the Fall season?

**KEY POINTS** - *take a minute to review the key points from this weekend's message*

- Being so busy in life can make us distracted from what really matters. If we let it go on it can damage our health.
- When we are juggling so many responsibilities, it is like trying to keep a bunch of balloons in the air – something will eventually fall. We can choose what to let fall rather than seeing things crash and burn.
- God designed us to thrive and experience more of the life, joy, and peace of Jesus.

**SCRIPTURES USED IN THIS MESSAGE:** Luke 10:38-42; Matthew 6:33

## RESPOND

Talk about a thought, phrase, or moment from this weekend's message that stuck with you. Give a brief reason for why these things stuck with you.

Read Luke 10:38-42 What do you think Martha was focused on? How about Mary?

What do you think of Jesus' response?

Think about your own life - Are you distracted and trying to juggle too many things just like keeping balloons in the air?

What are some consequences you have experienced when keeping up a hectic pace?

What balloons in your life are you willing to let hit the ground?

**Read Matthew 6:33** - God gives us an Invitation into a new kind of life. Less stress, less overwhelmed, less hurried. What does it look like to seek God's kingdom and righteous first? How have you put this verse into practice in your own life?

## **APPLY**

Examine your own life and priorities. Consider some things that you may need to let drop.

Share with your group some changes you are considering.

Ask Jesus to fill more of your day with thoughts of Him and to help you look for joy and peace.

## **PRAY**