

Cell Material – Week beginning 23rd July

Simplicity

Welcome

Are you a hoarder or a chucker out?! Is your home full of useless clutter or minimalist? Do other members of your household share your attitude to tidiness?!!

Word

Would you say that your life is complicated? If so, what makes it complex? (eg. financial pressure, too much stuff, too much to do, high expectations of yourself or from others, other people making demands on you?)

Read **Psalm 16**. If we think of other gods as being some of the things we devote our life to, what do you think it means in verse 4 when it says 'The sorrows of those will increase who run after other gods.?'

Read **Colossians 3 vs 1-17**. How can we set our minds on things above? (verse 1,2) What sort of things should we be setting our minds on?

Do you have much time for solitude and silence in your life? How can you make time to stop in life's lay bys? What for you would constitute a complete rest?

Is your home full of clutter? Do you get stressed about trying to gather more stuff or living with too much stuff? How can you make sure you trust in God to provide and not in our own self sufficiency?

Worship

Sing or listen to the song – **Jesus be the centre**.

Give everyone a piece of paper and pencil. In a time of quiet and private reflection (perhaps with gentle music) write down how you spend most of your days. Consider how you can simplify your life and make each of these activities part of your worship. How can you bring God into each situation?

Read this poem by the 5th century Isaac of Stella and consider how true this is in your own life:

He himself is my contemplation, he is my delight,

Him for his own sake, I seek above me.

From him himself I feed within me.

He is the field in which I labour.

He is the food for which I labour.

He is my cause, he is my effect.

He is my beginning, he is my end without end.

He is for me, eternity.

Witness

Do you need to declutter and simplify your life? Where could you begin? Could you consider living more simply than others may simply live? Is there something you could give away tomorrow that would show your commitment to living more simply and trusting God for your provision?