

## Making Change Less is More

### TALK IT OVER

#### Week One

Think back to Brad's message. What sticks out?

#### Key Scripture

*Better one handful with rest than two handfuls with effort and a pursuit of the wind.* Ecclesiastes 4:6 HCSB

#### Less is More Living

- Cut back
- Clear out
- Pay off

#### Remember:

- Less is More
- Stress is Bad
- Giving is Good
- Tomorrow Matters

#### More Scripture

Luke 12:22-34, Matthew 6:25, John 3:30, Philippians 4:19, Psalm 37:16-17, Proverbs 15:16

Start talking. Find a conversation starter for your group.

- What is your favorite toy(s)?
- Is there anything you own that you could never get rid of?

Start thinking. Ask questions to get your group thinking.

- Read Ecclesiastes 4:6. Do you spend more energy finding rest with "one handful" or chasing after that second handful? Explain.
- What's your top-three of what matters most in your life? Be honest with yourself. How is "stuff" involved with this list?
- Why do you think we tend to want more and more stuff?

Start sharing. Choose questions that create openness.

- Better is \_\_\_\_\_ with rest than \_\_\_\_\_ with stress and strife. Refer to Ecclesiastes 4:6 then fill in the blanks with your own personal examples.
- When Brad said, "Cut back," what's the first thing you thought of?
- Brad talked about how being rich isn't having the most stuff, it's needing the least. What is something that you can choose to live without?

Start praying. Be bold, and pray with power.

- Jesus, you said we shouldn't worry so much about what we eat and wear. You lived a life where you had no permanent place to lay your head. Will you teach us to need less of our stuff and more of you? We want to be rich in love and generosity, not stuff. Amen.

Start doing. Commit to a step and live it out this week.

- What's a doable starting point for cutting back, clearing out, and paying off? What one thing will you do in each area—this week—to make progress? Be aware that we are not removing stuff from our lives to be "better people," we are removing stuff from our life to make room for the things our Savior wants to give us.
- Start reading Dave Ramsey's *Financial Wisdom from Proverbs* today. [Individual Devotional](#). Commit to working through this 10-day practical devotional over the course of the Making Change series.