

A photograph of two women sitting on chairs, facing each other. The woman on the left has curly hair and is wearing a grey sweater and dark pants. The woman on the right has long dark hair and is wearing a grey sweater and dark pants. They are both wearing brown leather boots. A white rectangular box is centered over the image, containing the title and subtitle.

# Enjoying Jesus

12 SPIRITUAL DISCIPLINES  
THAT WILL DRAW YOU CLOSER



# spiritual disciplines

PRAYER

CONFESSION

MEDITATION

STUDY

FASTING

SABBATH REST

SILENCE

SOLITUDE

SIMPLICITY

GIVING

SERVICE

WORSHIP

# Week Six

## Pouring Out

### Simplicity & Giving

1. What comes to mind when you hear the word, "simplicity"? How does the Christian tradition of simplicity differ from popular trends such as minimalism, capsule wardrobes, and tiny houses?
2. The discipline of simplicity doesn't teach that material things are bad — just that they are finite and cannot ultimately fulfill us. How can we keep a balanced perspective on material goods?
3. How does simplicity draw us closer to Jesus and help us to enjoy Him more?
4. What are some ways you could incorporate the practice of simplicity into your life?
5. What was unique about how Israel was instructed to give? What were they supposed to do as they gave the first part of their crops?
6. When we discuss giving, we most often focus on giving financially, but Paul tells the Romans to "offer [their] bodies as a living sacrifice" (Romans 12:1). What are other ways that we can be generous toward God and others?
7. How does the practice of giving bring us freedom and allow us to enjoy Jesus more?
8. How are the disciplines of simplicity and giving related to one another?

Closing: Evening Prayer

L: Let us pray,

**P: Keep watch, dear Lord, with those who work, or watch or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.**