

Group Guide: April 2026

This guide is meant to be used alongside the Simple Life Practice booklet.

Welcome & Pray –

Icebreaker Question –

Where is a place you haven't visited yet but would like to and why?
(Can be local or far away!)

Review -

Take some time to chat about the practice introduced last month (shown below and on booklet page 8):

PRACTICE

Over the next month:

Spend some time in silence each week, quietly turning your attention to God.

Start simply and realistically.

Invite the group to respond to: Share a little about your experience of practicing some time in silence with God or your hopes for that in the future. What has been or could be your practice rhythm?

Grab your Bible & the Simple Life Booklet -

Read: The Freedom of Simplicity Page 10, Matthew 6:19-34

Reflect & Chat –

Invite the group to reflect for a moment on their individual lives – relationships, circumstances, commitments, responsibilities, and possessions.

Then invite the group to chat using these questions...

- Talk a little about what life looks like for you today.
Are there areas of your life that feel simpler? How about areas that feel more complicated?
 - Is there a story that comes to mind? Consider sharing it with the group.
- How might you like to practice simplicity in your life? What would it look like?
- What feels challenging? What feels easy?
- Is there anything that you sense God is inviting you to let go of?
- The practice this month includes talking to God as you declutter and asking Him to help you see where in your spiritual life things may need some decluttering as well.
Is there an area of your life that comes to mind that you may want to talk to Him about? When might you sit with God and pray about that part of your life?

Practice - Read & plan to practice on your own between now and the next time your group meets.

PRACTICE

Over the next month:

Spend time in a cluttered space wondering if there are things you want to let go of or no longer need.

What can you give away?

How can you consume less or make more space for the generosity of time and resources?

Talk to God as you declutter and ask Him to help you see where in your spiritual life things may need some decluttering as well.

Ask God to help you simplify.

*If your group wants to dive deeper, check out the resources page in the back of the Practice Booklet.

Pray: Take a little time to pray for each other before you go.