

## Group Guide: May 2026

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

Welcome & Pray –

Icebreaker Question –

Share what you are most looking forward to this summer or a fun memory from a past summer.

Review -

Take some time to chat about the practice introduced last month (shown below and on booklet page 11):

### 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.

Invite the group to respond to: Share a little about your experience this past month of practicing looking at the cluttered spaces in your life and asking God to help you simplify. What did you notice?

Grab your Bible & the Simple Life Booklet -

Read: The Simple Practice of Fasting on Page 13, Matthew 5:6, & Joel 2:12

Watch: What is Biblical fasting, and why do we do it? Page 13 (QR code)

## Reflect & Chat –

Invite the group to take some time to chat about the Scriptures you read and the video you watched. What stood out to you?

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

- Share a bit of your experience with fasting so far in your life. Are you familiar with fasting? Have you tried it?
- What are some of your questions or curiosities about practicing fasting? Talk together about your questions and what might feel intimidating or challenging.
- Wonder together what one step towards fasting might look like.

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

### PRACTICE

Start with prayer:

Wonder with God if there's something that's consuming your attention or if there's an ordinary rhythm or habit that you could interrupt.

Notice what comes up and hold that with God.

Choose what to fast and decide how and when you will go without it.

Keep it clear, simple and doable.

During your fast, decide how you would like to make room to be with God instead.

Maybe go on a walk or bike ride, pray for a friend, give away the money you usually spend on coffee...

And remember, Beloved of God, that this isn't about performance or perfection. It's about intimacy with God. Be patient and compassionate with yourself.

\*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.