

# Courageous simplicity

## LEADER GUIDE FOR COURAGEOUS SIMPLICITY

Dear Leader Friends,

We are so grateful for your willingness to link arms with us on this journey of leaning into *Courageous Simplicity*. This study will help you release control of what frays your soul and will lead you to true refreshment. Our goal is to train together in the spiritual practice of simplicity and to learn to abide in the simple abundance of Jesus.

As a facilitator of this Bible study, you have a special opportunity to encourage and lead others into a deeper understanding of Scripture and relationship with Jesus Christ. **Don't worry about teaching; the workbook and videos will do that.** Your role is to invite your ladies into conversation about what God is teaching them.

Some of the questions in this study may challenge your group. Ladies might have to step out of their comfort zones to share. We hope you will model this by "going first" and sharing honestly from your own life. This will set the tone so group members will feel free and safe to participate.

**Get to know the people in your group.** Where are they coming from? Where are they in their faith journey? Give the women time to respond thoughtfully and apply the questions to their current contexts.

When you find that women have not had time to complete the homework, **offer them grace.** There are all kinds of reasons people cannot get to the homework. Continue to gently encourage them to carve out time daily to complete the study. You might want to read the passages aloud in your group and then answer the questions together to help guide the group members to deeper understanding if they are new to Bible study or didn't get to the questions.

We also want to encourage you to **take time to meditate on the key Scripture together** each week. You might suggest the women write these out and read them throughout the week or recite them aloud when you are together. Many believe they are not good at memorizing but some encouragement from you goes a long way to helping them spend time meditating on God's Word.

**Be creative!** You have the freedom to make this study your own. *Courageous Simplicity* is about learning to fix our eyes and our lives on Jesus Christ. On our own, we can't do enough or be enough. With God, we have everything we need. Thank you for partnering with us in the Gospel. We're so expectant for what God is going to do in and through your shared time studying His Word.

For His Glory,  
Your friends at (in)courage


## AS YOU LEAD

*Courageous Simplicity* is a great study for small group use. If you're doing it with a group, we recommend allowing at least 45-60 minutes for discussion and group time. Keep groups small enough so that you can really dig in deep.

We know each group situation will be unique. Some of you may be meeting with one or two friends, while others might be gathering a group of 8-10 women from your church or neighborhood. Some of you may be meeting online, while others are coming together in a home or around a table.

We want to encourage you to make this time your own. Pay attention to the unique needs of your group. Never underestimate the power of praying for discernment as you lead.


### **Here are some quick tips for leading discussion groups:**

1. Choose the length of time to meet and communicate the dates with your group. This will help people plan ahead and know the commitment from the start.
  2. Carve out some time for your group to get to know each other. Ask God to give you a genuine love and sensitivity toward each member.
  3. When you meet, focus on main themes and how God is working in individual hearts.
  4. Model authenticity and vulnerability for your group.
  5. Invite women to the discussion even if they haven't finished the homework.
  6. Sometimes a woman might dominate the conversation. You might give her a job to help you or enlist her help to get others to participate.
  7. Ask questions and allow for silence to engage the quieter women or women who need some time process.
  8. If someone shares something deep and personal, even emotional, take time to look them in the eye and thank them for taking that risk and sharing.
  9. Resist the urge to counsel women; instead, pray for them.
  10. Challenge women to meditate on and memorize Scripture.
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## ICEBREAKER SUGGESTIONS

Have fun and be creative on how you break the ice with your group each week. You might consider asking a simple question like “What made an impact on you from the study or video teaching this week?”

The following are some icebreaker questions that might help you get to know your group members. You could ask one at the start of each meeting. You might also search online for icebreaker games for small groups or be inventive and make your own.

1. If finances and time were not an object, what hobby would you adopt and why?
  2. If you could re-live any day in your life, which would you choose?
  3. What aspect of your daily routine do you look forward to the most?
  4. If you could opt out of any chore/job for the rest of your life, what would it be?
  5. If you could have anything you want for dinner tonight, what would it be?
  6. What three books are most important to you?
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## WEEK OUTLINES

The following are outlines for you to use for your group time each week. If possible, watching the weekly video together, then process the question from the video together before moving into discussion of the lessons. Conclude with a time of prayer approximately 10-15 minutes. Try to encourage your group to focus in on the prayer points for the day. You might consider having members pray for themselves and let others agree with them in prayer or share around the circle if you have time.

### WEEK 1: A PLEA FOR SIMPLICITY

#### **Process together:**

What comes to mind when you hear the word simplicity?

#### **Discuss:**


1. What is a distraction you regularly battle? (p. 16)
2. When you read Mark 6:31, what did Jesus invite the disciples to do in response to their stresses and burdens? (p. 22)
3. What does your “inner frazzle” look like? (p. 28)
4. As you read through Psalm 23, what words or phrases showcase God’s attributes? (p. 36)
5. What is one area where you want to set a boundary so you can lean into rest? (p. 44)

#### **Pray:**

Ask God to give you wisdom in the area of simplicity over these next six weeks. Pray together about that one next courageous step God might be calling you to in this season.

#### **Meditate:**

“Come to me, all of you who are weary and burdened, and I will give you rest.”  
—Matthew 11:28



## WEEK 2: WHAT DRIVES US

### Process together:

How have you struggled with a pursuit of more and believing a life of simplicity is unattainable?

### Discuss:

1. Genesis 3 talks about what Eve lost. In what ways have you found yourself believing those same like of more? (p. 50)
2. In what ways do you struggle with setting your priorities between the good and the better? (p. 56)
3. After reading Matthew 6:19-24, how did you summarize Jesus's teaching about what your perspective should be concerning your possessions? (p. 61)
4. As you consider seeking first God's kingdom and renewing your mind, what might that look like for you in your everyday life and relationships? (p. 68)
5. Do you wrestle with believing your worth is based on what you do rather than simply being who you are? (p. 72)

### Pray:

Ask God to help you stop worrying and to focus on His truth. Thank God for the ways He has been faithful to you in the past.

### Meditate:

“Don't worry, saying 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For the Gentiles eagerly see all these things, and your heavenly Father knows that you need them.”

—Matthew 6:31-32



## WEEK 3: LIVING IN THE SACRED PRESENT

### Process together:

What is God continuing to teach you about the source of your worth?

### Discuss:

1. In what ways have you confused serving others with pleasing God? (p. 81)
2. In what ways would you say praising God in the middle of a trial takes courage? (p. 90)
3. What are some of the things you are waiting for? How is waiting an opportunity to worship? (p. 97)
4. When you read the Beatitudes in Matthew 5:1-2, what do you think Jesus meant by being “poor in spirit”? Would you consider yourself poor in spirit? (p. 102-103)
5. What do you think it is about Psalm 46 that made Luther claim it in the midst of discouragement? (p. 107)

### Pray:

Ask God to help you be still and know that He is God. Praise God for being your refuge and strength, and your helper in times of trouble.

### Meditate:

“Wait for the LORD; be strong, and your heart be courageous. Wait for the LORD.”  
—Psalm 27:14



## WEEK 4: BEING ENOUGH

### Process together:

What does it look like to boast in your weakness?

### Discuss:

1. What does Ephesians 2:10 mean to you and how might you courageously live differently today? (p. 119)
2. Think about a time when you tried to rely on your own sufficiency and it didn't work out. How did you react? (p. 122)
3. What strikes you about Hannah's prayer in 1 Samuel 2:1-10? (p. 132)
4. Have your actions or thoughts ever unintentionally communicated to God that you've got this handled? (p. 137)
5. How would you summarize Paul's recipe for simple living in Philippians 3:10-21? (p. 145)

### Pray:

Ask God to forgive you for forgetting how much you need Him. Ask Him to help you live in the gift of grace He has given you.

### Meditate:

"One thing I do: Forgetting what is behind and reaching forward to what is ahead, I pursue as my goal the prize promised by God's heavenly call in Christ Jesus."

—Philippians 3:13-14



## WEEK 5: OPEN-HANDS LIVING

### Process together:

What kind of clutter in your life or your mind has God asked you to give up?

### Discuss:

1. Throughout the Gospels we read over and over Jesus's command to "follow me." What comes to mind when you think of what it means to follow Jesus? (p. 151)
2. Have you ever experienced a time when what you wanted was within reach, but you realized you didn't have peace about it? (p. 158)
3. How does living out courageous simplicity allow you to give with an open-handed attitude? (p. 166)
4. When you read through Matthew 6:25-34, what concerns came to your mind? (p. 172)
5. Have you ever looked around your home and felt as though the amount of stuff was crowding out the peace? What do you do when your stuff begins to feel like too much? (p. 176)

### Pray:

Ask God to bring to mind any areas you might need to declutter in your life and heart. Pray together with your group about the steps you can take to experience freedom from clutter.

### Meditate:

"Everything that was a gain to me, I have considered to be a loss because of Christ."  
—Philippians 3:7





## WEEK 6: EMBRACING THE PEACE THAT COMES

### Process together:

How have you become more aware of God's presence in your life?

### Discuss:

1. Have you ever experienced a wilderness? How did God sustain you during that season? (p. 186)
2. According to Romans 8:26, when we don't know what or how to pray, what comfort does Paul tell us we have? (p. 194)
3. What are some ways the teaching in Proverbs 2:1-6 might help you prioritize your life to keep it simple? (p. 199)
4. Think about your life when you started this study six weeks ago and look at it now. In what ways can you see the Holy Spirit working in your life, ripening the fruit that makes us like Jesus? (p. 206)
5. Have you ever felt stuck in a place, home, or mental state? What helped set you free? (p. 210)

### Pray:

Reflect on all you have learned throughout these past six weeks. Glorify God for what He is doing in you!

### Meditate:

"He renews my life; he leads me along the right paths for his name's sake."  
—Psalm 23:3

**Friends, it's been a gift to journey with you** through *Courageous Simplicity*. Courage comes from Christ. As we have learned, simplicity is God's invitation into freedom and rest. Let's keep abiding in Jesus.

We hope you will join us for the next study, *Courageous Joy!*

