

**Simplexity  
Discussion Guide  
Week Five  
January 31 & February 1, 2015**

**Opening Prayer:** God, thank you for this series. Thank you for helping us identify areas we can create breathing room. Help us to continue to resist making the simple complex.

**Talk it Over:** Pastor James identified that the biggest obstacle to living Simplexity or with breathing room is often our fear. We let the fear of missing out, falling behind, and not mattering draw us away from what matters most.

**Read Joshua 1:9**

The most repeated command in the Bible is “fear not” or “don’t be afraid.” God knows that fear will stop us and so he often reminds us that he is with us and we do not need to be afraid. God’s answer to fear is faith. Not a blind faith, or a leap of faith, but faith based on evidence that he is with us.

- Think of a time you were afraid but were able to exercise your faith to help you do what you needed to do despite the fear. If comfortable share with the group.
- Which fear do you identify with the most? Missing out? Falling behind? Not mattering? Do you have any idea why that might be?
- What is one thing you can do to help you remember when you feel that fear that Jesus is with you and wants to remove that fear?

**Read Psalm 46:10**

It’s in the breathing room or pause that we can evaluate reality. We need this time of stillness before God for him to help us grow in wisdom and know what to turn our focus to.

- Share how your experience with stillness has gone during this series.
- Have you been able to create some margin in an area that you didn’t have it before?
- Discuss your goals to continue to practice being still before God

Remember being present is being with reality, so if you are afraid, that’s ok. Decide you will take one step of faith in your fear and commit to making that a regular part of your spiritual practice. Be patient with yourself. Undoing years of worry and fear takes time. Just remember God is with you, cheering you on along the way.

**Closing Prayer:** God, thank you that your perfect love removes all fear. Fill us with your love, help us trust you and be full of faith to live with wisdom and breathing room, so we can enjoy the life you have given us.