

# Small Group Ministry Session Five: Simple Living

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## **OPENING WORDS (1 minute)**

"Why should we live in such a hurry and waste of life? We are determined to be starved before we are hungry. I wish to live deliberately, to front only the essential facts of life. I wish to learn what life has to teach, and not, when I come to die, to discover that I have not lived. I do not wish to live what is not life, living is so dear, nor do I wish to practice resignation, unless it is quite necessary. I wish to live deep and suck out all the marrow of life. I want to cut a broad swath, to drive life into a corner, and reduce it to its lowest terms. If it proves to be mean, then to get the whole and genuine meanness of it, and publish its meanness to the world, or if it sublime, to know it by experience, and to be able to give a true account of it."

- Henry David Thoreau

## **CHECK IN (32 minutes) (2 1/2 minutes each)**

Current state of physical or spiritual health  
Joys or concerns about loved ones  
Concerns/excitement about what is happening in our lives

## **REVIEW COVENANT (2 minutes)**

## **BREAK (6 minutes)**

## **DISCUSSION (65 minutes) (4-5 minutes each)**

Many of us would like to live more simply, to simplify our lives. But not many of us are likely to follow Thoreau's example and build a cabin in the woods. Take ten minutes to answer these questions: What are the demands in my life that keep me too busy? What needs or forces in me keep me too busy? What do I push aside? What would I be willing to give up? Take time to share. Ending question: What one thing are you willing to try before we meet again that will move your life closer to your own goals for a simpler and more meaningful life?

## **CHECK OUT (13 minutes)**

What did you like about this meeting? What do you wish had been different?

## **CLOSING WORDS (1 minute)**

"May the light around us guide our footsteps, and hold us fast to the best and most righteous vision that we seek. May the darkness around us nurture our dreams, and give us rest so that we may give ourselves to the work of the world. Let us seek to remember the wholeness of our lives, the weaving of light and shadow in this great astonishing dance in which we move.

- Kathleen McTigue