

CORNERSTONE CHRISTIAN CHURCH

Learning to Live Simply – Finding Freedom in Forgiveness

The idea of living simply is not a new idea. Richard Foster in his book 'Celebration of Discipline' writes that transformation takes place first internally by the work of the Holy Spirit and it is from there that external transformation flows. Spiritual disciplines help cultivate our heart to assist the work of the Spirit.

The spiritual disciplines are: prayer, fasting, study, meditation, simplicity, solitude, submission, service, confession, worship, guidance and celebration.

Q - Which of these disciplines are you engaged with? (Intentionally or unintentionally)

Living simply is not just about having less material items, it is about journeying through life with less "inner life" luggage. As people who desire to live by kingdom principles we can do well to ask ourselves, with what we carry within our hearts and our minds – is it kingdom honouring or kingdom building?

Q - How would you answer this?

Q - How might this differ from the way of the world/those around you?

*Q - Why is it important for us to **keep checking** our hearts to see if we harbour offense?*

The burden, the weight of unforgiveness (or other such things as resentment, envy etc) alters our vision and our perspective.

Q - Has this been your experience – if possible, share...

Matthew 11:28-30 The Message (MSG)

“Are you tired? Worn out? Burned out on religion?
Come to me. Get away with me and you'll recover your life.
I'll show you how to take a real rest.
Walk with me and work with me—watch how I do it.
Learn the unforced rhythms of grace.
I won't lay anything heavy or ill-fitting on you.
Keep company with me and you'll learn to live freely and lightly.”

Q - As you read through each line of this passage talk through what it means, what it means to you, and what it would mean to wholeheartedly embrace this invitation.