

Creekside LifeGroup Study

Series: Before We Lose Our Minds

Topic: The Art of Simplicity

2020/09/20

PARTICIPANT NOTES

Welcome to a brand new series at Creekside called, Before We Lose Our Minds. In a world that is pulling us in every direction, full of distractions and busyness, we need an anchor or single point of focus to keep us from losing our minds. That single point of focus is to “seek first the kingdom of God”. This means to see Jesus as Lord and your identity as a citizen of his kingdom. As you look ahead to this fall, how will you prioritize God’s kingdom? What will you say no to in order to focus on God’s plan for your life? The goal of this study is to help you focus in on one or two things this fall that will help you live out your purpose as a citizen of God’s kingdom. The outcome of focusing on God’s kingdom is that the worry, anxiety and complexity this world can bring in our lives will be replaced with God’s peace.

ICEBREAKER: What is your morning routine like?

When you wake up in the morning, what are the first thoughts that go through your head?

STUDY:

READ Mark 1:14-15 Q – What does Jesus tell us here about the kingdom of God?

READ Mark 1:32-39 Q – In what areas of your life do you have trouble saying no?

LIVING IT OUT:

One of the interesting things about the life of Jesus is that he says no to things that other religious teachers would have said yes to and he says yes to things that other religious teachers would have said no to. This is because he was rooted in a different kingdom.

Spend some time thinking about this fall season leading up to Christmas. Are there things you should say no to? Can you think of one thing (not two, not ten) that could be your focus? In other words, what is one area where you'd like to seek the Kingdom this fall?

(examples, strengthen marriage, strengthen relationship with friend or child, personal growth, physical health, service in a ministry etc.)

RESOURCES TO CONSIDER:

The Marriage Course: www.creeksidechurch.ca/alpha

Alpha: A series of questions exploring the Christian faith www.creeksidechurch.ca/alpha

Sacred Rhythms: Spiritual Practices that Nourish Your Soul and Transform Your Life. Ruth

Haley Barton. [https://www.amazon.ca/Sacred-Rhythms-Arranging-Spiritual-](https://www.amazon.ca/Sacred-Rhythms-Arranging-Spiritual-Transformation/dp/0830833331)

[Transformation/dp/0830833331](https://www.amazon.ca/Sacred-Rhythms-Arranging-Spiritual-Transformation/dp/0830833331)

LIVING IT OUT - continued

We want to be like Jesus. Rooted in the unshakeable Kingdom of God. This is a place where we will experience peace of mind. A great way to do this is to establish a morning routine where we begin the day by setting our minds on the Kingdom of God.

“Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your **minds** on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.” Colossians 3:1-4

Q - How might you change what your morning routine looks like? (ex - first thoughts, daily habits, priorities)

MY DAILY PRAYER

In your group right now begin to write a prayer that you'll read every morning first thing that reminds you to "set your mind on things above", particularly, the one way you are going to be seeking the Kingdom this fall.

Here an example of what you might write:

Dear Father – Thank You that I am a loved son/daughter of God and I live in your unshakeable kingdom. Today I will not be afraid. I will not worry. I will not live in shame because I know You love me and care for me. Today I want to seek the kingdom by _____).

MY DAILY PRAYER:

PRAYER PARTNERS

Connect with one other person in your group. Check in with one another this week. Ask, "How are things going with your focus?" "How can I pray for you today?"