



# ANXIOUS FOR NOTHING

**Simplify**  
**Participant Guide - April 26, 2020**

## **PRIMARY PASSAGE**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.<sup>3</sup> Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. (Hebrews 12:1-3 NIV)

## **ICE BREAKER**

**How many more walkers/bike riders have you seen in your neighborhood? What's the craziest thing you've seen on a walk?**

## **DISCUSSION QUESTIONS**

- 1) How has the stay at home order not just changed the pace of your life but also the structure?**
- 2) How have you allowed yourself to be entangled by sin? How can your group pray for you and help you guard against this?**
- 3) How have you allowed "good things" to way you down and keep you from running the race God has for you? How can you begin to be aware of this happening?**
- 4) Kevin gave us four "simply's" in his message from Sunday. What were they and what do they look like for us to live them out?**

## **PERSONAL REFLECTION**

- 1) What's the first area in my life that I need to simplify this week? How can I leverage this "stay at home order" to help me make these lasting changes?**
- 2) How can you set up regular rhythms to ensure that once you simplify, you don't fall back into the "rat race" trap?**