

6-19-16
No Wake Zone
Part 4: Simplify
Dr. Alex Himaya

1. What is one of the hardest things about being a father?

2. Read the story of Mary and Martha in Luke 10: 28-42.
 - *It begins with “As they went” or “As they continued on their way.” Can you give an example of being open to an “interrupting thing” God wanted you to do or experience as you were going on your way?
 - *Martha said these ironic words to Jesus: “Don’t you care?” Have you ever experienced a time when you have said or felt like saying, or wondered at least, if God cares about you and your situation?
 - *How has God/Jesus shown you he cares about you?
 - *Martha was worried and upset. Is there something that is worrying or upsetting you?
 - *Since there was no Pizza Hut in Bethany, what would have happened if Martha too had sat at the feet of Jesus?

3. Alex said that intimacy is knowing and being known and accepted and stressed that time with the Lord matters more than anything.
 - *Would you describe your relationship with Jesus as intimate like Mary’s or as dutiful like Martha’s.
 - *Can it be assumed that both loved Jesus? What difference did their choices make then?

4. From Full to Empty, what is your fuel gage set on spiritually, physically, emotionally, and financially?

5. I Corinthians 7:29b-32 tells us not to complicate our lives unnecessarily. Alex said we simplify not for selfishness but for significance.
 - *What are the things that really matter?
 - *What are things we spend time on that aren’t very important?
 - *How much of our time is given to what doesn’t really matter?

6. Read Philippians 4:6-7. Worry was defined as “To torment one’s self with or suffer from disturbing thoughts.”
 - *What do you worry about?
 - *What are we to do instead of worrying?
 - *What do you thank God for today?
 - *Have you experienced the peace that comes from telling God your worries and thanking him for all he is, all he’s done, and how he is working in your life?

7. Read Philippians 4:8 says to “think about what is true, and honorable, and right and pure, and lovely, and admirable.”

*What are the opposites of these qualities?

*Most of us spend time each week thinking about at least one thing that is NOT true, honorable, right, pure, lovely, and admirable? Do you have an example? (Worry often stems from this kind of thinking.)

*Consider memorizing this verse.