

Experiments with Enough

Week 1 – A heart Issue:

- Meditate on Matthew 6:19-21. Why would Jesus speak of God as the treasure? Underline any ideas in the passage that lead you to believe that God being our treasure is a good idea. Tell God you wish for him to be your treasure.
- Make plentiful use of this prayer of self-awareness: *Search me, O God, and know my heart. Test me and know my anxious thoughts that drive me to distraction and excess. See if there is any offensive, ostentatious ways in me and lead me in your glorious way everlasting.* (Ps. 139: 23-24)
- Read Matthew 6:24 slowly every day for a week, and ask God to show you the masters your actions reveal. What do you learn about what you want but have never stated? If you're really brave ask a friend or someone you live with to suggest what your masters are.
- Read Philippians 4:11-13. Then sit back and picture the apostle Paul chained in a cell yet just as content as the day he ate a huge meal at Philemon's house. Consider Paul's contentment with plenty and scarcity.
- Meditate on Matthew 6:25-30 and try to imagine Jesus' picture of birds and lilies, make a sketch of them.

Week 2 – Simplicity:

- Experiment with disciplines of abstinence by going without caffeine or sweets or chocolate for a few hours or days. Note how easy or difficult it is to be nice to people when you feel deprived.
- Journal about this question: What do you want? First, write down what you thing you want (your stated goals). Then ask God to help you search yourself as you look at your spending records and calendar for the past several weeks.
- Pray this prayer often enough that it becomes the way you think: “God, of your goodness, give me yourself, for you are enough for me.” (Julian of Norwich) Pray it especially before shopping, eating and using media.
- Pick out some plain clothes to wear one day. How does it feel to consider wearing this simple outfit? Wear this plain clothing for a day. Journal about how it felt when you walked into a room?
- Set aside one meal this week to fast and pray instead of spending money buying food.
- Spend time listening to quiet, calm music instead of watching a TV show or movie.
- Use candles one evening instead of electric lights.

Week 3 – Generosity:

- Walk through your house or apartment. Try to find ten things that don't belong there: the coat that is too small, the item that is too precious to use, the boxes never unpacked. Collect them and look for opportunities to give them away.
- When you think about buying a book or piece of clothing, consider what you already own that you would give away.
- If you save money through frugality practices, donate that money to a cause or person you have prayed for and cared about.
- Consider how you might use the power of your wealth to help others.
- Review your year-to-date giving (church, community, missions); is God stirring your heart to increase your generosity?
- Read II Corinthians 9:6-15; how has God blessed you that you may be a blessing to others?

Week 4 – Collective Impact:

- Meditate on 1 Timothy 6:17-19 and imagine what it would look like for you to be “rich in good deeds” and how that would enable you to “take hold of the life that is truly life.”
- Everyday Church was started because of the financial generosity of churches and Christians around the world. It exists today because of the contributions of participants like you. Reflect and make a list of the impact this church has made in your life.
- Consider getting to know and supporting some of Everyday Church's key neighborhood partners...
 - Viva Uptown (www.vivauptown.org)
 - Pathways Mentoring Program (www.vivauptown.org/pathways-mentoring)
 - YoungLife (washingtonheightsinwood.younglife.org)
 - Operation Exodus (www.operationexodus.org)
- Mentor a middle school or high school student with Pathways. Contact Kala Mueller – mueller.kala@gmail.com
- Financially support the ministry of Everyday Church. Go to everydaycc.com/give to make online contributions or use the offering box on Sunday mornings.
- Join an upcoming Financial Peace University workshop hosted by Everyday Church. Specific dates will be announced soon.