



Part 1: The Blessing of Less

September 13, 2026



CONVERSATION GUIDE



SMALL GROUPS

We live surrounded by more: more activities, more responsibilities, more information, more noise, and more things competing for our attention. In this new series, Simplify, we're going to discover that a life filled with more of God doesn't necessarily require adding more. This week, we begin with an invitation to reduce what distracts us so we can make room for what truly matters. Less doesn't mean an empty life, but a life where God is once again at the center.

In **Luke 10:38-42**, we see Martha busy with many things while Mary chooses to sit and listen to Jesus. Jesus doesn't condemn Martha for serving; He points out that her worry and distraction over many things were keeping her from recognizing what was truly necessary. Mary chose "what is better": giving her attention to Jesus. The passage confronts us with an important question: even among legitimate responsibilities, are we making room to pay attention to Christ and allowing Him to have priority?

She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made... "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:39-40a, 41-42 (NIV)



LET'S TALK ABOUT IT

1. When you compare Martha's attitude with Mary's, what difference do you see between doing something valuable and recognizing what matters most?

2. **Psalm 46:10** invites us to be still and recognize who God is. When have you experienced that reducing the noise, activity, or distractions helped you pay closer attention to God?
3. Many of the things that fill our lives aren't necessarily bad, but they can compete for our attention. What makes it difficult to choose "what is better" when you have so many responsibilities, worries, or expectations in front of you?

Less isn't losing. Less is where God finds room.



MAKE IT PRACTICAL

This week, move from Martha to Mary:

1. **LESS NOISE — LET GO.** Identify one activity, distraction, or nonessential commitment that is adding unnecessary noise to your week. Intentionally reduce it or set it aside, and use that space to rest and refocus on God.
2. **MORE OF GOD — KNOW HIM.** Set aside a few minutes each morning without your phone or other distractions to spend time with God. Read a short passage, pray simply, and sit quietly, paying attention to what you are learning about Him.
3. **AND GOD GETS HIS PLACE: HE IS EXALTED.** Before setting your priorities this week, ask yourself, "What place am I giving God in this?" Choose one specific decision where you can arrange your time, attention, or resources around that priority.



PRAYER

"God, thank You that we don't have to fill our lives with more things to draw closer to You. Help us recognize the noise and distractions that are taking up too much space and to know You more each day. Teach us to choose what truly matters and to give You the place You deserve. This week, help us live with fewer distractions and greater focus on You. Amen."



TIPS

- **Choosing what is better** doesn't mean abandoning all your responsibilities; it means learning to distinguish between what is urgent and what truly matters, without allowing busyness to control your attention.
- **Don't try to simplify your entire life in one week.** One small, intentional change can create space to listen, rest, and refocus.
- **Think long-term:** simplifying isn't just about having a less crowded schedule; it's about building a life with clearer priorities. Today, let God return to His rightful place.



WATER BAPTISM
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