

## SOUL DETOX – FINDING CONTENTMENT

### ABOUT THIS WEEK

This week we begin a series called *Soul Detox* to help your people find freedom from a toxic world. Today's discussion will be about finding contentment and, keeping with the tradition of Lent, give your folks a shopping fast challenge.

#### ITEMS NEEDED

- Prayer Journal       Bibles       Pens

#### CHECKLIST BEFORE YOUR GROUP ARRIVES

- Pray for the group       Print Discussion Guide       Refreshments (optional)  
 Clean meeting area       Clean bathroom       Crack open front door

### OPENING (5-7 MIN)

*Briefly welcome everyone and say:* Before we get into today's discussion let's wrap our heads around today's concept with a quick icebreaker.

### WHAT DID YOU LEARN ABOUT YOURSELF DURING THE RADIO FAST?

### HOW DID THE RADIO FAST IMPACT YOUR RELATIONSHIP WITH JESUS? BE HONEST!

*After a discussion, say:* Regardless of how last week went for you, this week is a new week with a new fast! More on that in just a minute.

### OPENING PRAYER (1 MIN)

*Say:* But first, can someone start us off with a brief prayer for our time together?

### SHOPPING FAST: STOP SHOPPING (15 - 20 MIN)

*After the prayer say:* For week 2 of the Soul Detox series we will be doing a Shopping Fast!

The Shopping Fast will be a lot like the trendy "Buy Nothing" challenges you may have heard about. No shopping, period.

This might sound intimidating, but there are options for you. You might do all of your shopping today and then go all week without shopping. Another option might be to only do one day of shopping this week and then no shopping the other five days. Or you could do no shopping for a set number of days, like three days of this week. Whatever option you choose, make sure it's BOTH doable and challenging for you!

### WHAT OPTION FOR THE SHOPPING FAST DO YOU THINK YOU'LL (OR DID) CHOOSE?

### ON A SCALE OF 1 TO 10, WITH 1 BEING NOT AT ALL AND 10 BEING EXTREMELY DIFFICULT, HOW HARD WILL THIS FAST BE FOR YOU?

*After a discussion, say:* Remember, the Soul Detox series isn't just giving up something for the sake of giving up something, we're doing a Shopping Fast so that we can replace it with more of Jesus.

Our Shopping Fast gives us another unique way to live out the teaching of Jesus.

**CAN SOMEONE READ LUKE 12:13-15 ALOUD FOR THE GROUP?**

**WHAT SORT OF SHOPPING GETS TO YOUR GREED?**

**CAN SOMEONE READ MARK 4:18-19 ALOUD FOR US?**

**DESCRIBE A WAY IN WHICH GREED MIGHT CHOKE OUT FAITH?**

**SHOPPING FAST: STOP SHOPPING TO GIVE**

*After a discussion, say:* One of the ways we can be on guard against greed isn't just to be on the look out for it, but to instill a bit of preventive care.

**CAN SOMEONE READ LUKE 12:32-34 ALOUD FOR US?**

Following Jesus' command here, as a part of our Shopping Fast, we're ALSO going to challenge you to open your hand and give away your money each day. It could be \$5, \$20, \$100, or more, but the idea is simple: Give away a set amount of money each day of your Shopping Fast.

You could give money to a clerk at a store and tell them to use it for the next customer. You could give it to the person begging on the corner. However you give, decide on a set dollar amount you will give each day of your Shopping Fast!

**DO ANY OF YOU HAVE CREATIVE IDEAS ON HOW YOU MIGHT GIVE YOUR MONEY? OR WHO YOU MIGHT GIVE IT TO?**

*After a discussion, say:* God's blessings to you for the shopping fast this week as you stop shopping to give. May you experience Jesus as you do.

**ANNOUNCEMENTS TO SHARE (2-3 MIN)**

*Say:* Before we get to our prayer requests, just a few quick announcement—

- Saturday, February 24, Stephen Ministry Open House, 9:00 – 11:00 AM. This is an opportunity to find out what Stephen Ministry is and does.
- Wednesday, March 6, Prayer Night, 6:30 PM. Opportunity to join in prayer and worship with other followers of Jesus.
- Sunday, March 10, Winter Jam. Contemporary Christian concert in Grand Rapids.

**CLOSING PRAYER (5-7 MIN)**

*Say:* Let's close in prayer. *Please write the group's prayer requests in your group prayer journal.*

**ARE THERE ANY OTHER PRAYER REQUESTS TODAY?**

After prayer requests have been taken, ask if someone would like to close the group in prayer. If not, Host, close the group in prayer.