

ActNow! (Applying Christ's Teaching NOW) follows the weekly sermon series of TPMC, and challenges us to apply and put into practice the biblical truths we hear each week. It is the recommended Bible discussion material for TPMC's Connect Groups, and leader's notes are available to all Connect Group Leaders and at the Information Counter.

Spiritual Disciplines Part 2 : Simplicity

Mark 10: 17 to 31

Ms Sarah Lim

SERMON SYNOPSIS

- **The spiritual discipline of simplicity** helps us have a heart that trusts God enough to follow Him *fully, free* from distractions & competing loyalties. Jesus gave this invitation to a rich young ruler to let go of what was holding him back to follow Him with an undivided heart in Mark 10:17-22.

- **The Concern & the Challenge**

The Concern [Mark 10:17-20]: The rich young ruler had everything the world could offer & yet sought to *earn* eternal life by being "good" fulfilling the commandments. Jesus, however, revealed that only God is truly good, and no one can measure up to God's standard.

The Challenge [Mark 10:21-22]: Jesus revealed that to the rich young ruler that his wealth mattered more to him than eternal life which is really knowing the Person of God & Jesus whom God sent. (John 17:3). The rich young ruler's attachment to his wealth & possessions had imprisoned him from *freely & fully* loving & following God.

Note 1: The call to simplicity is not a blanket condemnation of wealth but a call to examine our hearts and identify our idols – Eg. possessions, ambition, control, relationships, fears... *anything or anyone* we love more than God, thus taking up our time, energy, money more than for God.

Note 2: Wrong assumptions we need to be aware of: Eternal Life is...

- ✓ Not a wage to be earned, but a gift to be received by grace.
- ✓ Not just a place to be entered, but a person to know: "*And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent*" (John 17:3, NKJV).
- ✓ Not only a future reward, but a present reality that begins the moment we follow Christ.

- **God's Grace empowers us** to let go and follow Christ. To live a life of simplicity is not a test of our willpower but to lean on God's grace & power. We are exhorted to lay hold of God's Truth in Mark 10:26-27 (NKJV), "*With men it is impossible, but not with God; for with God all things are possible*", and to pray, "Lord, I believe; help my unbelief!" (Mark 9:24, NKJV).
- **God's Promised Reward** – Following Jesus wholeheartedly comes with a cost, but it also comes with a promised reward in a deeper and richer way. Whatever we let go of for His sake, we will receive back a hundredfold now— a new family in God, purpose & meaning in this earthly life, true freedom, that is, an abundant life beginning now to all eternity. (Mark 10:29-30).
- **Conclusion** – A simple life is not about owning less but being free. It is a life unchained & unshackled from the clutters of our hearts to be free to follow Christ wholeheartedly. A simple life is a life that is free to follow Christ.

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DISCUSSION QUESTIONS

RELATE

1. What does the 'clutter' of modern life look like for you? Describe a time when you intentionally simplified an area of your life (schedule, possessions, digital noise). And how did that create space for you in your relationship with God?

REFLECT

2. What attributes of God revealed in the appended Scripture passages that would help us choose to "unclutter" our hearts and receive God's liberating grace and freedom? Describe how who God is would lead us to receiving His gifts of grace and freedom.

[Verses to help us go deeper: Exodus 16, Luke 10:41-42 & Matthew 6:31-33]

RESPOND

3. What area in your life has become *more important* than God? Or what is something or someone you are holding onto *more tightly* than Jesus? Share what you are going to do about this.

[This final question directs members to *respond* to what they have learnt about God and being Christ's disciples. Application of what we've heard and learnt directs us towards transformation.]

PRAYER POINTERS

- Praise and give thanks to our good and perfect Heavenly Father, the source of all wisdom, grace and compassion.
- Pray that God would give us a heart of wisdom to seek first His kingdom, and to reveal any area in our lives where distraction, comfort, or worldly attachment is hindering us from following Christ wholeheartedly.
- Pray for the Spirit's strength to willingly "let go" of all that is temporary and of no eternal value, to trust in Christ alone who is fully sufficient for all our needs, and not to trust in our possessions or plans.

SCRIPTURE TO MEDITATE ON

"But seek first the kingdom of God and His righteousness, and all these things shall be added to you."
[Matthew 6:33 NKJV]

UPCOMING EVENT

Vocational Conversations: Discerning Your Pastoral Call

Date: 8th November 2025

Time: 2-5pm

Venue: Wesley Methodist Church (Plaza Hall)

To register – <https://tinyurl.com/tracvoccon2025> (by 18 October 2025)