



10 Second Rule: Small & Simple | July 26, 2017

Discussion Guide

The Scoop

We often overestimate what we can accomplish in the short term and underestimate what we can accomplish in the long term. Our faith requires small and simple steps of showing up regularly over time.

Key Verse

1 Timothy 4:7-8 (CEB)

Train yourself for a holy life! While physical training has some value, training in holy living is useful for everything. It has promise for this life now and the life to come.

Discussion

Often times in life we pursue quick and drastic changes to accomplish progress towards our goals. While we opt for quick change, we underestimate the effect of small and simple changes over a longer period of time. Whether it is a new fitness regimen or a fresh pursuit of living out one's faith, small and simple changes consistently sought out over the long term produce better results.

1. Can you think of a time when you made drastic changes over a short period of time to pursue a goal? Did you sustain these changes? If so, how? If not, what went wrong?
2. What are some small changes that you have made in your life that have been sustainable? Do you think they led to better progress in your life?

Clare DeGraaf compares the pursuit of "The 10 Second Rule" in our faith life to that of baby steps. We don't have to change everything all at once, because this is typically not lasting change. Instead, we should focus on small and simple steps of obedience along the way that will lead to larger and more sustainable change in our faith.

3. What are some small things you can do to better pursue your walk with God?
4. Can you think of some simple steps God may be calling you to pursue? What do you think these changes will lead to?

1 Timothy 4:7-8 affirms Clare's principle of small and simple efforts toward faith have lasting effects. We when respond to God's nudges in this way, we become more engaged in God's active redemption in our lives. The accrual of these small and simple steps of faith results in dramatic changes in our lives and of those around us.

5. Can you provide an example of God's active redemption in your life? Was it something drastic or was it something gradual?
6. What are some simple things that you can do on a regular basis that will pay off in the long term?

What's Next?

As you live out your faith journey this week, seek out and use "The 10 Second Rule." Do what God is asking you to do in the first 10 seconds, and think through the ways you can continue to take small, simple steps of obedience that will have a lasting impact. Small and simple affirms that life change doesn't have to be the result of huge, life-changing decisions.