

## MAKING CHANGE—1

### LESS IS MORE

- **Less Is More**
- **Stress Is Bad**
- **Giving Is Good**
- **Tomorrow Matters**

*Better one handful with tranquility than two handfuls with toil and chasing after the wind. Ecclesiastes 4:6*

### DEFINE WHAT DOES MATTER:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LESS IS MORE LIVING

- **CUT BACK!**
- **CLEAR OUT!**
- **PAY OFF!**

### Talk It Over

- If you lost all your stuff tomorrow, how would you feel? Why?
- Read Ecclesiastes 4:6. Do you spend more energy finding tranquility with "one handful" or chasing after that second handful? Explain.
- What's a doable starting point for cutting back, clearing out, and paying off? What one thing will you do in each area—this week—to make progress?