

Spiritual Discipline: Frugality

Luke 12:15 (TNIV)

¹⁵Then he said to them, *“Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.”*

1. Reflect on Dallas Willard’s definition of frugality: “In frugality we abstain from using money or goods at our disposal in ways that merely gratify our desires or our hunger for status, glamour, or luxury. Practicing frugality means we stay within the bounds of what general good judgment would designate as necessary for the kind of life to which God has led us” (Willard, *The Spirit of the Disciplines*, 168).
 - a. What part of this definition/explanation of frugality speaks the loudest to you?
 - b. How do we know what “general good judgment” is when it comes to money and possessions?
 - c. In regards to money and possessions, to what kind of life has God led us?
2. Willard continues by saying that “the spiritually wise person has always known that frivolous consumption corrupts the soul away from trust in, worship of, and service to God and injures our neighbors as well” (Willard, *The Spirit of the Disciplines*, 169).
 - a. How does frivolous consumption corrupt our souls?
 - b. How does frivolous consumption injure our neighbors?
3. In this morning’s sermon, Cash spoke about a variety of biblical principles related to the topic of frugality. He mentioned principles such as working hard, saving money, seeking wise counsel related to money, being content with what you have, trusting in God as your ultimate resource/provider, and sharing what you have with those in need. Which of these principles resonates with you the most?
4. Reflect on this week’s memory verse (Luke 12:15).
 - a. What are different kinds of greed?
 - b. How can we guard against greed?
 - c. How can possessions rob us of what is most important in life?
 - d. What are some other biblical passages that speak to the dangers of money and possessions?
5. As a K-group, share some personal examples of the following.
 - a. Believers using their money and possessions wisely
 - b. A Christian that you know who truly practices the Spiritual Discipline of frugality
 - c. What is God prompting you to do in response to this lesson?