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M O R E

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J E F F S H I N A B A R G E R

D I S C U S S I O N G U I D E

MORE OR LESS DISCUSSION GUIDE

While the principles Jeff talks about in *More or Less* can be explored in isolation, change is amplified in community. Get together with a group of friends or soon-to-be friends on a regular basis, and dig through each chapter together.

May you be transformed by the results.

CHAPTER 1: MORE THAN ENOUGH

1. Share about a time when you met someone whose background and life circumstances were foreign to you. How did you show love to that person? If you came across that person again, how would you want to show love differently?
2. Discuss what dignity and a symbiotic relationship might look like if you developed a relationship with someone from a different background. What might you be able to learn from that person?
3. As you begin this journey through *More or Less*, reflect on your perception of excess in your life. Do you feel as though you have just enough to get by, more than you need, or not enough? Why?

For next week:

- Read chapter 2.
- Listen to your friends or colleagues throughout the week, and make note of what they communicate as needs or wants.

CHAPTER 2: ONE MAN'S JUNK

1. Share with the group about one item in your house that you either dislike or don't use often. Who is someone that item might bless? If someone asked you for that item, what would be your response?
2. In what areas of life do you want "just a little bit more"? Where would you draw the line of "enough" in those areas?
3. What is one practical way you could work on opening your eyes to the needs of others? As a group, come up with an idea to implement together.
4. What is an area of great need that you know about? What do you see as a simple solution? During the next week, research the need to gain a deeper understanding of the suffering involved. How does your solution work in light of the knowledge you've gained?
5. After listening to the people in your community this past week, what did you discover as genuine needs? Pick one person with a need, and give out of what you have to help them.

For next week:

- Read chapter 3.

CHAPTER 3: THE KITCHEN PANTRY

1. How long do you think the food in your pantry might last you? What in your kitchen would you consider excess?
2. Reflect on a time when your life was more simplified. How does that time compare with life now? What principles from that time do you wish you could implement again?
3. Imagine you were living at the extreme poverty line (\$1.25 a day). How would your life be different? Calculate how many days your average monthly grocery budget would feed someone living at the extreme poverty line.
4. Can you think of an example in which your financial habits negatively impact people in your life? Do the financial habits of others ever negatively impact you? How might you go about addressing those issues?
5. Break up into groups of two or three. Discuss with your small group what a specific area of excess in your life may be. Come up with a practical way to share that excess, and ask your group members to hold you accountable in the following weeks.

For next week:

- Read chapter 4.
- Ask a few people close to you about what gifts they feel you have to offer and whether they think you're living up to those gifts.

CHAPTER 4: GOOD ENOUGH

1. In what ways do you not feel good enough? Why do you feel that way?
2. If you did the homework, what did your friends say about your gifts? Do you believe them? Why or why not? If you're not currently using those gifts, what are specific ways you could do so?
3. What are ways that social interactions impact your sense of value? How could you counteract those feelings?
4. Who is someone in your life who doesn't seem to value his or her uniqueness? How could you encourage that person?

For next week:

- Read chapter 5.
- Complete the worksheet "What Is Enough Clothes?" (this can be found on the website as well as in the back of the book).

CHAPTER 5: ENOUGH CLOTHING

1. When was the last time you cleaned out your closet? Do you feel as though you have enough clothes, too many, or not enough?
2. Using the “What Is Enough Clothes?” worksheet, identify areas in which you might have excess. How could these items benefit someone in need?
3. Which category of excess (“Just in Case” Jackets, “Free” T-shirts, “Spring Green” Sweaters,” “Dress to Impress” Suits or Dresses, Look At My Unique/Cool/Cute Shoes, or “Do Good” Necklaces) stands out to you as something you may struggle with? How could you battle that area of excess in the future?

For next week:

- Read chapter 6.

CHAPTER 6: ENOUGH PRESENTS

1. What things that you grew up with do you see as necessities that others may not? What in your background may have influenced your perceptions of wants versus needs?
2. As a group, come up with examples of rich-people questions and rich-people problems. How might gaining perspective on these things change how you view your everyday life?
3. Do you view gift giving as a requirement or as an opportunity for generosity? What are ways you could adjust your gift giving in order to divert resources to those in need?
4. Discuss ways you could use one day of your wages to address global poverty.

For next week:

- Read chapter 7.
- If possible, go one day without using your car this week (preferably a workday) by using public transportation, carpooling, etc.

CHAPTER 7: ENOUGH TRANSPORTATION

1. If you went one day without using your car in the past week, share your experiences with the group. What did you learn about your need for transportation and how lack of transportation might impact the people around you?
2. Discuss the difference between a necessity and a convenience. Do you view your car as a necessity? Why or why not?
3. Think about the items you use on a regular basis. What would be on your list of things you can't live without?
4. How can you utilize your possessions, including your car, to help your community?

For next week:

- Read chapter 8.
- If possible, fast from technology, including time-telling devices, cell phones, computers, and televisions, for a single day this week.

CHAPTER 8: ENOUGH TIME

1. If you fasted from technology one day this week, share your experiences with the group. How did going without your watch, phone, computer, etc., influence your use of time?
2. What is one thing you could remove from your schedule in order to schedule more time investing in relationships?
3. Do you find significance in how busy you are? Why or why not?
4. With whom are you spending your time, and how do those people influence what you want?
5. How do you make time for the things you are passionate about?

For next week:

- Read chapter 9.

CHAPTER 9: ENOUGH ACCESS

1. Do you agree with the statement that the most powerful words in any language are *yes* and *no*? Why or why not?
2. Have you ever experienced a situation in which you went beyond your limitations and got an inadequate result? What did you learn from this experience?
3. What do you feel you are made to do in life? What in your life takes away from those things?
4. Share a story of someone who saw your potential and helped you become who you are designed to be. How can you have that impact in someone else's life?

For next week:

- Read chapter 10.

CHAPTER 10: BLACK & RED

1. In what areas of life do you feel “in the red”? Who do you turn to for help in those areas?
2. In this chapter, Jeff writes: “Jesus also taught that everyone has something to give: rich or poor, far in the black or deep in the red.” Based on our study so far, what do you think you can give based on where you are?
3. Jeff shares that “for the most part, I live in the black. I like my stuff, but the world won’t end if I don’t have all my stuff forever.” How could you implement this perspective in your own life?

For next week:

- Read chapter 11.
- Dig through your purse, wallet, and home to find any excess gift cards you may have. Find out how much is left on those gift cards.

CHAPTER 11: ENOUGH GIFT CARDS

1. How many gift cards did you find in your search? Were you surprised at how much you had left on those gift cards? Will you use these gift cards in the near future?
2. Using a few of the gift cards the group found as examples, discuss how the leftover money on the cards might be used to help someone in need.
3. Brainstorm with the group on how to use the concept described in this chapter. If possible, plan a Gift Card Giver House Party with your group or in your neighborhood.

For next week:

- Read chapter 12.

CHAPTER 12: MAKING ENOUGH MORE

1. How has rethinking your relationship with your excess throughout the course of this study caused you to see your life and the world in a different way?
2. Who do you engage on a relational level to allow yourself to see the world from a different perspective? If you don't have someone in your life like this, how might you go about forming those kinds of friendships?
3. Which of the organizations in the "More" section spoke to you the most? Why?

For next week:

- Read chapter 13.
- Based on your reading in chapter 13 and what you have examined in your life thus far regarding your excess, come up with an Enough Experiment idea to share next week.

CHAPTER 13: YOUR ENOUGH EXPERIMENT

1. Share your Enough Experiment idea and why you chose this particular experiment. What is the end result you are hoping for?
2. Who will you walk with in solidarity through the course of this experiment?
3. Share your greatest fear regarding your Enough Experiment. How will you overcome this fear?
4. Seek input from the class regarding your experiment. Discuss how to encourage one another throughout different experiments and how to celebrate as a community at the end of your experiments.

For next week:

- Read chapter 14.

CHAPTER 14: DRAW YOUR LINE

1. How has this community encouraged your discussion of *More or Less*? How has your experience been different from what it might have been if you did this alone?
2. Read through the list of traits of the generous person (under the “Excessive Generosity” section). How can you continue to grow into this kind of person?
3. What has been your biggest point of transformation during this study? How do you plan on turning that into a transformed life outside the study?