



*Enough* is a word rarely used today. Our culture tries to convince us that whatever we have is *never* enough—that if you don’t have the latest phone, the newest car, or the biggest house, you’re missing out. But the secret to happiness is when you’re able to say, “What I have right now—my home, car, phone, and money—is enough.”

## Discussion Questions

1. What are some things you wish you had? A new car? A significant other? Peace about a decision? Kids? How would life change if you had those things?
2. What drains you? What fills you up, emotionally and spiritually?
3. What do you need to say *enough* to? How can you cut back or cut out those things that are draining you and weighing you down?
4. **Read Psalm 23.** How do you currently take time to refresh your soul? What can you work into your schedule to fill you up daily, weekly, and yearly?

## Challenge

Instead of adding more stuff and stress to our already insane lives, every day for the next 30 days, throw, sell, or give something away. (Or do one big purge.) Eliminate some of the physical excess from your life and see how freeing it can be!

## Commit to Memory

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul. **Psalm 23:1-2**