



# **SMALL GROUP GUIDE**

## SESSION 2: SPEND LESS

*(Based on Chapter 4)*

*“Spending less does not mean spending nothing. Rather, we strive to thoughtfully evaluate what we support with our spending, and we allow our spending to support products, people, and causes that are worthy of being supported.”*

1. The authors suggest that the fastest growing religion in the world is consumerism. In what ways do you get caught up in the distraction of “needing more”?
2. Consider all the holiday advertisements you’re exposed to. How can you become more aware and less susceptible to messages that say our lives are lacking something?

