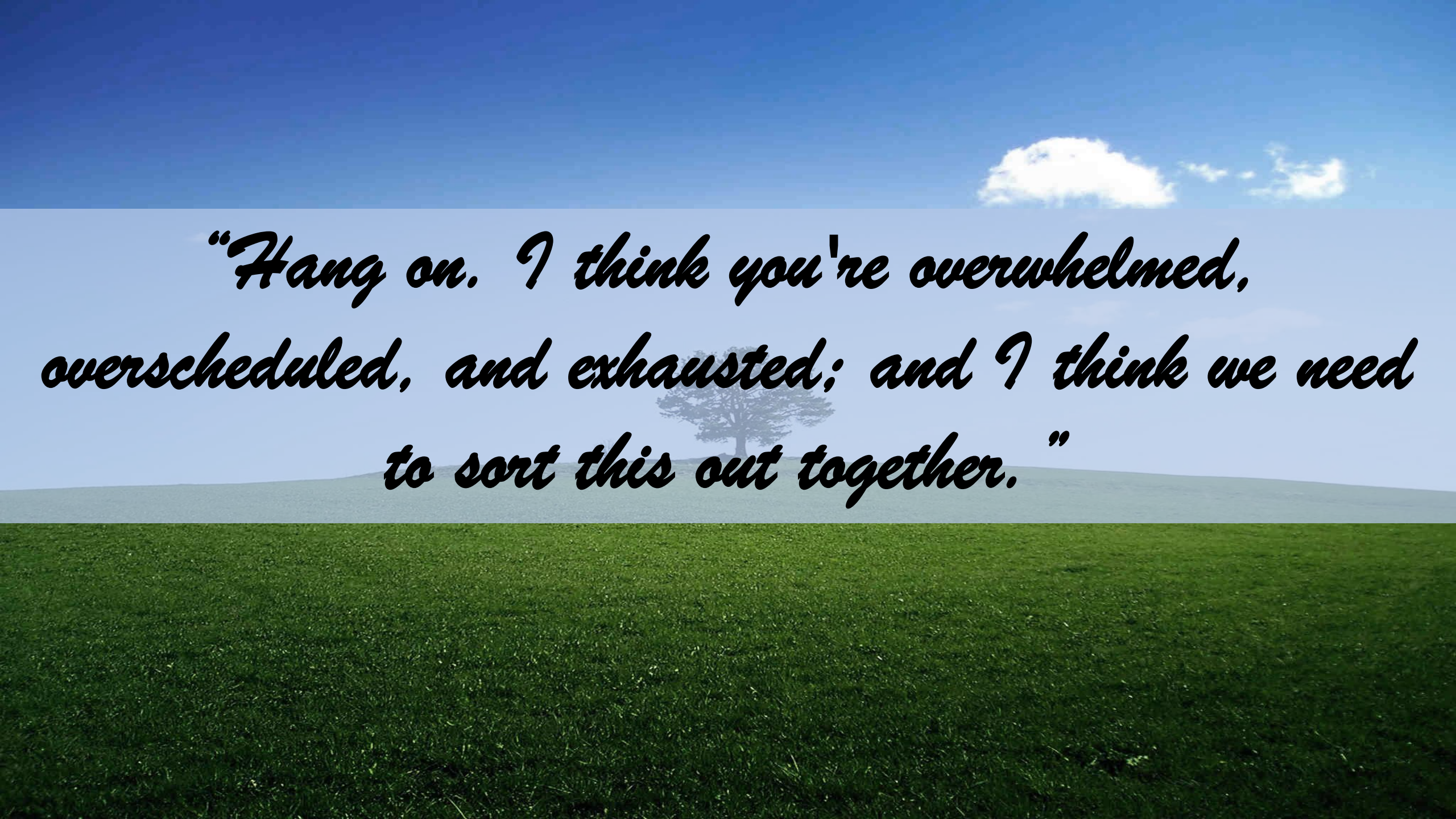


A landscape photograph featuring a vibrant green field in the foreground, a rolling green hill in the middle ground, and a clear blue sky with a few white clouds. A semi-transparent light blue rectangular box is centered over the image, containing the text "Simple Living Week 1" in a black, cursive font. The text is arranged in two lines, with "Simple Living" on the top line and "Week 1" on the bottom line. The background of the text box shows a faint silhouette of a tree.

*Simple Living*  
*Week 1*

A landscape photograph featuring a vibrant green field in the foreground, a rolling green hill in the middle ground with a single tree on top, and a clear blue sky with a few white clouds. A semi-transparent light blue banner is overlaid across the middle of the image, containing a quote in a black, cursive font.

*"Hang on. I think you're overwhelmed, overscheduled, and exhausted; and I think we need to sort this out together."*

*" As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, . . .*

*"Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*

*"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."* Luke 10:38-42

*'Only one thing is needed'*

*Depleted buckets*


*Do you think a sincere conversation in an unrushed setting with Jesus Christ who loves you might help you a little?*

A landscape photograph featuring a vibrant green field in the foreground, a rolling green hill in the middle ground with a single tree on its peak, and a clear blue sky with a few white clouds. A semi-transparent white horizontal band is overlaid across the middle of the image, containing three lines of text in a black, cursive font.

*Resentment*

*Easily Irritated*

*Streams of replenishment*

A landscape photograph featuring a vibrant green field in the foreground, a rolling green hill in the middle ground with a single tree on its crest, and a clear blue sky with a few white clouds. A semi-transparent light blue horizontal band is overlaid across the middle of the image, containing the text.

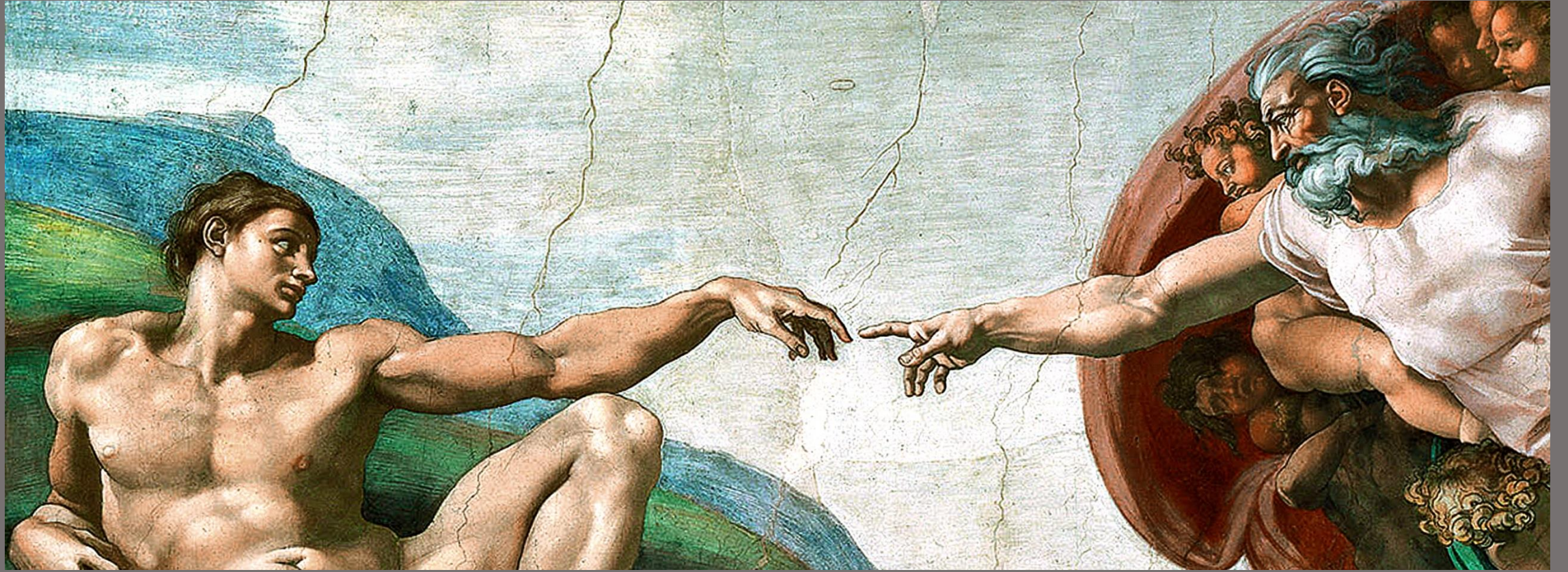
*“What do you need to do to start pouring new streams of replenishment into your badly depleted life?”*

A landscape photograph featuring a vibrant green field in the foreground, a single tree on a small hill in the middle ground, and a clear blue sky with a few white clouds. A semi-transparent white banner is overlaid across the middle of the image, containing the text.

# *Replenishers*

- 1. Being firmly hand-in-hand with God.*





## *2. Family*



### *3. Work*

*“It is good and proper for a person to find satisfaction—replenishment—in their labor.”*

*Ecclesiastes 5:18*

A landscape photograph featuring a vibrant green field in the foreground that leads to a small hill. On the crest of the hill, a single, large, leafy tree stands prominently. To the left of this tree, a smaller, bare tree is visible. The sky above is a clear, bright blue, dotted with a few scattered white clouds. A semi-transparent light blue horizontal band is overlaid across the middle of the image, containing the text.

## *4. Recreation.*