



Well Fed: Holy Food for a Reconciled Life

Table Topics for Week 3
of Lent 2020

Is there a time in your life that you would call "a simpler time?" Describe it.

Name one thing in your life that you would describe as a simple joy.

Name three things in your life that seem to take away your ability to live simply.

What is one thing you could reasonably give up for a week that would make your life simpler?

What is a practice you could adopt that would make room for simplicity?

Do you have a space (mental or physical) where you can go to simply "be?"
If not, can you imagine creating one?

What is the connection between noise and complication in your life?
Between quiet and simplicity?

Share your responses and reflections with a community of others studying the same topic.

Go to www.dioet.org/well-fed/ to write, share photos, or share a 1-minute video.

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