



The Rare Jewel of Contentment

Icebreaker: Hammock or Beach Towel?

Read Together: Philippians 4:10-15 (NIV)

Discuss:

- What does the scripture for this section say that you are seeing differently than ever before?
- What was the Holy Spirit saying to you as Pastor Jason spoke?

Read Together: Philippians 4:11 (NIV), 1 Corinthians 4:11-12 (ESV), 2 Corinthians 6:4-5 (ESV), 2 Corinthians 11:25-27 (NIV)

Discuss: Christian contentment is not determined by your circumstances.

- How do the scriptures for this section make you see your current circumstances more clearly?
- What did Paul do in response to the circumstances he faced?
- What do you think God wants to do for you amid your current circumstances?
- How can you return to peace, even in very hard circumstances?

Read Together: Proverbs 30:7-9 (NIV)

Discuss: Christian contentment is learned.

- How does the scripture for this section challenge you to view the things happening in your life?

Read Together: Philippians 4:12 (NIV), Philippians 4:13 (NIV)

Discuss: The source of true contentment is found in our union with and dependence on Christ.

- Who does God say that you are?
- Do you believe that God has good for you? If not, take some time to think of why.

Pray:

- Ask God to show you the circumstances that you fear the most.
- Ask God to show you where you are most discontent.
- Take time to acknowledge the ways you are discontent. Ask God to show you how to accept His peace for you.
- Make a list of things you are grateful for! If you struggle to make the list, ask God to show you some things you are thankful for.