

SESSION 6

SMALL GROUP GUIDE



SMALL GROUP **A Content Life**

Getting Started

In our culture's pursuit of more, it can be easy to lose sight of the blessings right in front of us. As we dive into this week's topic on contentment, let's begin by reflecting on our own lives:

- What are some things you're truly grateful for right now?
- Can you recall a time when you felt content even when you didn't have everything you wanted?

Watch The Lesson

Next is a space for notes, questions, and thoughts you want to share or remember. After watching the video, have someone read the lesson's discussion questions, then you can discuss them as a group.



SESSION 6 Video Notes

Enemies of Contentment:

1. _____

Mark 4:19 (NIV): *but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.*

2. _____

2 Corinthians 10:12 (NIV): *We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.*

Philippians 4:12 (NIV): *I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*

Three Secrets to Contentment:

1. Contentment is _____.

Philippians 4:11 (NIV): *I am not saying this because I am in need, for I have learned to be content whatever the circumstances.*

2. Contentment comes from _____.

1 Thessalonians 5:18 (NIV): *give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

3. Contentment comes as we _____

Philippians 4:13 (NIV): *I can do all this through him who gives me strength.*

LET'S DISCUSS

Read these verses as a group. Then, dive deeper into this week's focus on contentment by discussing the questions and sharing how you can apply these truths.

Read **Philippians 4:10-13 NIV** as a group:

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

1. What stands out to you about Paul's perspective on contentment?
2. How does Paul's situation and response challenge our modern views on happiness and satisfaction?
3. Can you recall any past circumstances or situations where finding contentment was a challenge for you? Share.
4. In what ways can we apply Paul's mindset to our own lives, especially when facing challenges?
5. How does relying on Christ's strength relate to finding contentment?



Read **1 Thessalonians 5:18 NIV** as a group:

give thanks in all circumstances; for this is God's will for you in Christ Jesus.

6. Why do you think gratitude is highlighted as God's will for us?
7. How can practicing gratitude daily change our perspective and feelings of contentment?
8. Can you share a personal experience where gratitude shifted your mindset during a challenging time?
9. How can we support each other in cultivating a habit of thankfulness in our daily lives?

GO TO GOD

No matter our starting place, connecting with God brings us back to a place of peace and contentment. He's always there, ready for us to reach out, to lay down our worries, and to find joy in His presence.

Take time to:

1. Reflect on areas in your life where you've felt discontent. Offer these up in prayer, asking God to help you find contentment in Him.
2. Think of someone you know who's struggling with contentment. Pray for them, asking God to provide them with peace and a fresh perspective.
3. Celebrate the moments of joy and contentment you've experienced recently. Thank God for these blessings and ask Him to help you recognize more of them in your daily life.
4. Ask God to help you trust in His plan, even when things don't go as expected. Remember, He has a purpose for every season of our lives.



