



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** Being Content, 3/12/23 - We tend to think more money, a new job, or a different relationship is the key to happiness. That adding or subtracting the right elements will equal contentment. Read “everything would be perfect if only...” But contentment is not math, nor is it found in a greener pasture. It’s a state of being. (*Passages: Ecclesiastes 4:4-6, Philippians 4:10-19, 2 Corinthians 12:8-10*)

**Discussion Questions:** Take your time and dig into these questions.

What does contentment look like to you? Does it mean settling? Is it something we find? What have you sought that you believed would bring you contentment? Did it?

Read Ecclesiastes 4:4-6. What stands out to you in this passage? Why?

Solomon called chasing contentment “grasping for the wind.” He wrote that having more in and of itself doesn’t equal satisfaction or freedom from restlessness. On the contrary, when we look to broken things for fulfillment, we are never fulfilled. True contentment transcends circumstance. If not determined by our circumstances, how do we attain contentment?

Read Philippians 4:10-19. What stands out to you in this passage? Why?

Paul explains that he has *learned* to be content. He made the decision to base his strength in God. Regardless of how much or little he had, whether he was alone or not, even free or imprisoned, he chose contentment. The secret was in Jesus, who provided all he needed in every circumstance. What situations have you learned to be content in? Where do you need to apply contentment?

Here are 5 tips to practice contentment:

1. Believe the best in people
2. Make Jesus your default source
3. Practice gratitude
4. Check your desires & love people
5. Keep receiving from God

**Group Challenge:** Choose 2 of the tips above to focus on. Make them a priority, and take note of the impact they make.