

Free to Be Content

Philippians 4: 10 - 20

“Group Check-In:”

Begin by checking in with everyone and sharing stories of how you “lived out” true freedom in the past week. Did anyone complete the “Live It Out” Mission Challenge? Share the following:

- What about the message convicted you this week?
- What did you do, and what was the outcome? How did it affect you personally; what was the impact on others?

“Current Status” Questions: Get your group talking by asking both questions:

1. Consider aspects of your life that you feel content with. What are some situations, relationships, or provisions that give you a sense of contentment?
2. Now that we have discussed things that we are content with, let’s consider situations that breed *discontentment* among us. As human beings we tend to want more than what we have. Are there things that you want in life which are causing some discontentment? Are these noble desires, unnecessary wants, or a blend of both?

Paul’s Example: Read Philippians 4: 10 – 20, then choose 3-4 of the following questions to discuss:

3. **Read verses 10-13.** Paul wrote that he has been content both in good situations and in need. On this thought, Pastor Dave mentioned that learning to be content is about changing our *will* to fit our *reality*. Were there any times in your life where God changed what you wanted because it was His will and not yours? Was that a sudden or a gradual process?
4. **Read verses 14-20.** When we feel content we can have more energy to pour into others. What are some ways that you have seen people pour into others despite not having ‘a lot’ themselves? What steps can we take to learn to do likewise?
5. Pastor Dave spoke about our need to regularly ‘plug in’ to the source of our spiritual well being. What are ways that you plug in to God’s Word? Is this a regular practice? How does this practice affect your daily routine? Does it help with the issue of contentment?
6. Did it surprise you to hear that more money does not always correlate to a better sense of happiness? Why or why not? Is there anything you can learn from this?
7. Recall the story of Miss Daisy from this week. How does her attitude towards her surroundings illustrate Godly contentment ‘in every and any situation’? What disciplines can we take now to grow a similar attitude in us later?

“LIVE IT OUT”: Encourage your group members to complete the “Live It Out” Mission challenge; then choose 1 additional question to end your group time:

8.) In the week ahead, complete **“Live It Out” Mission # 6** (found on The Chapel’s Small Groups page). Next time you meet, check-in and hold each other accountable by sharing your stories!

9.) There is nothing inherently wrong with advertising and social media; however, Pastor Dave mentioned this week that these things are capable of contributing to our overall discontentment. This week, pay special attention to any instances where an ad or post makes you feel like you need something more. Take a moment to bring these feelings to God in prayer to discern if they are noble wants.

10.) The idea of ‘others focus’ was mentioned this week. This is when we focus more on loving others instead of filling ourselves. As you go throughout your week, be mindful of people in your everyday life that may be feeling discontent themselves. Show kindness to these people and be open to how God might want you to focus on them.

“TRUE FREEDOM” SERIES WRAP-UP:

Since this is the final message of the “True Freedom” series, we’d love if you could collect any feedback from your group members:

- How did this series have a personal impact? In what ways were you challenged to grow? Have you experienced an increased “freedom,” among other things as a result?
- Did you find the small group materials helpful? (Facebook group, “Live It Out,” and sermon questions)