

# Chasing Contentment

## Conversation Starters

- What's the LAST animal you'd want to be chased by?
- Wade thinks his parents were overprotective — they wouldn't let him ride his bike past the stop sign in their neighborhood. What's a rule your parents had that you thought was unfair?
- What's something you weren't very good at until you practiced it?

## Review

Ask eGroup members to share their favorite points from the sermon, what spoke to them, a phrase or moment from the sermon they related to the most, or questions they have. If members have a hard time recalling the sermon, talk through your notes and share your favorite points.

## Make It Personal

- How would you define contentment?
- Fill in the blank: "If I could \_\_\_\_\_, then I would be content."
- What are some areas of your life where you're chasing contentment? Talk about any frustrations that's causing.
- Wade said it's not about being content WITH a situation or season — it's about being content IN it. What are some reasons you're in a "with" mindset? (*e.g., comparing yourself to others, not depending on God, expectation versus reality, etc.*)

*Contentment is a practice, not a feeling. There are three ways we can practice it.*

- **Practice the petition.** Read **Philippians 4:6**. What's the difference between prayer and petition? Why does Paul tell us to do both with thanksgiving?
  - Wade struggled with petitioning God because even though he knew God is good, sometimes it was difficult for him to believe God wants good things for him. Talk about some challenges you face in petitioning God. What can you do now to practice differently?
- **Practice the pivot.** Contentment is a focus, not a feeling. What are some things you focus on that make you feel discontent (or worried or afraid)? Why do you focus on them?
  - Read **Philippians 4:8**. When we find ourselves focused on the wrong things, we can pivot to focus on something that fuels our faith. Pick at least two things in this verse that Paul tells us to think about. What are some ways you can pivot to one of those the next time your focus is in the wrong place?
- **Practice the present.** Read Luke 10:38-42. Mary practiced the present by sitting and listening to Jesus, while Martha was discontent because she was distracted. Are you more of a Martha or a Mary? Share some things that can distract you from being present.
  - Another way we can practice the present is by recognizing God's presence. How are the two connected? What are some other steps you need to take to help yourself be more present? (*e.g., turn your phone off at dinner, set aside time for distraction-free conversation, ask someone to help you be accountable by checking to see if you're present, etc.*)

## Act On It

Wade gave us a simple prayer that can help us pivot when we're feeling discontent. "You are good. You are with me." This week, surround yourself with that prayer so it can help you practice contentment. You could set an alarm on your phone that makes the prayer pop up, ask someone to text it to you a couple of times, leave a note on your mirror, etc. — just make sure you see it every day.



## **PRAYER REQUESTS AND PRAYER**

Ask eGroup members to share any prayer requests they have. Record any notes or prayer requests to pray for members during the week.

*Father, thank You for being more than good — thank You for wanting good things for us. This week, remind us of Your character so we can practice being content. Help us set new patterns that will let us experience the peace and joy You want us to have. In Jesus' name, amen.*