

Deeper: The Chase

Welcome (You to Me, Me to You)

Share a time in your life when you felt totally and completely content and why.

Worship (Us to God)

Bestselling author Ann Voskamp writes, “We give thanks to God not because of how we feel, but because of Who He is.”

Break up into groups of two and take a moment now to reflect on Who God is and has been in your life. Consider your highest highs and lowest lows. How did God reveal himself, His love, His power, His faithfulness? Then, pray simple prayers of gratitude for God’s character. (As a tip: try to keep prayers personal and specific as opposed to general and generic.)

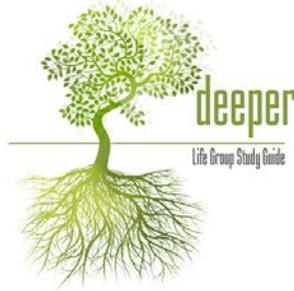
Word (God to Us)

1. Take a moment to read out loud the following passages that deal with contentment. Proverbs 19:23; Luke 3:14; 1 Timothy 6:8; and Hebrews 13:5. From your reading here, what is your overall impression of God’s take on contentment? Did you discover anything new about what God wants for your life?

2. In Exodus 16:1 – 3, we see the propensity toward grumbling in the Israelites. Read this passage and reflect / recap what was happening.

3. Like the Israelites many of us struggle with contentment if we are honest about our own heart-tendencies. In what area(s) of your life are you the least content? Is this a pattern?

4. Let’s read Philippians 4: 10 – 13. As a reminder, what was going on with Paul at this time? In this text where does Paul say his contentment comes from?



5. How did Paul respond to the way he was treated and the difficult, painful, disappointing circumstances in his life? (See Acts 16:25). How does Paul’s response challenge you in the areas of your life that are difficult?

6. How does contentment differ from happiness?

Being joyful isn’t what makes you grateful. Being grateful is what makes you joyful. –Ann Voskamp

7. This weekend we were reminded to see the good things in our own lives as generous gifts from God. We are to see the good things in **others** in the same light, as opposed to seeing the gifts, talents, and blessings of others as something that makes us less valuable, less special, less interesting, etc.... How might this shift of focus help you in the way you see yourself and your life? How might this kind of thinking affect the way you interact with or feel about others?

8. Job 36:11 has some powerful words about contentment. According to this verse, what are the keys to contentment? How does this verse challenge the priorities of your life?

Response (Us to the World)

Spend the next few minutes praying for one another: that we would find true, deep, quiet contentment in Christ alone and that we would find freedom and healing from our own sinful tendencies to complain and compare. First, confess whatever the Lord has shown you about yourself in this time together. (Consider how this deeper understanding might also impact your relationships with others and your ability to represent Christ to them.) As you pray for one another, try using Scripture like this: “Psalm 63:3 says, ‘Because your love is better than life, my lips will glorify you.’ Father, help me to remember just how good You are and may my attitudes and interactions with others reflect your goodness. May praise and thanksgiving ever be on my lips. Amen.”