

Small Group Study Spring Semester Week Two

Remember, these questions are just tools for discussion. You don't need to 'get through them all'. Use the questions that are helpful, skip the questions that are not. And let the conversation flow naturally.

Optional Ice Breaker(s)

1. What has been one new skill or hobby that you have been working on during this season? If you haven't yet, what's something you plan to begin learning?
2. When we are free to eat in restaurants again, what's the first restaurant that you will visit? Who will you bring with you?

Passage and Discussion

Read Philippians 4:10-13

- a) What stands out to you upon first reading of this passage? What is a theme, verse, or word that you find encouraging? What do you find challenging in this passage?
- b) On Sunday, Cam pointed out that Paul wrote these words while in prison. How does knowing his circumstances while writing this letter change the way that you read them?
- c) Paul says that he "knows what it is to be in need, and what it is to have plenty". Can you relate to this statement? If you feel comfortable, share about a few seasons of need/plenty that you have walked through in your life. *NOTE: This could be practical/financial needs, but it could also be emotional/spiritual needs, etc.*
- d) As you reflect on seasons of need/plenty in your own life, what lessons did you learn during these different seasons (especially the seasons of need)? How do those lessons affect how you walk through hard seasons today?
- e) When you look back on a season of "need" in your life, how did you respond to that need? What did you turn to in that season for contentment/satisfaction? Looking back, how do you wish that you had responded differently?
- f) Paul teaches that **it is Christ who gives us the strength to be content in every situation**. How do we grow in this strength that he is describing? What changes can we make to grow in the strength that Christ gives, even during this season?
- g) On Sunday, Cam taught that contentment is a 'learned behaviour'. Though we are all in a process of growing in our faith, how have you seen growth in this area of your life? Would you say that you are learning how to find contentment in Christ in all situations?

- h) We all need to continue growing in our relationship with Christ to find contentment, despite our circumstances. What are a few examples of spiritual practices that we can use to grow in this area in our lives?
- i) Read **Psalm 16**. What does this Psalm tell us about finding contentment in our relationship with God? How does David contrast this contentment in his relationship with God to the contentment that we try and find in other things?
- j) As you grow in your ability to be content in every situation, how would that change how you live your life? If you were less concerned with achieving your own satisfaction or contentment on a material level, how would that affect your willingness to serve other people?
- k) Was there anything else in the message on Sunday that stood out to you as impactful or challenging?

Take it Home (Optional Ideas for Response this Week)

- a) This week, spend a few minutes at the end of each day reflecting on the previous day, and ask yourself the following question: where did I try and find my contentment today - was it in my relationship with God, or was it in other areas of my life?
- b) Make a list of the other areas in your life where you try and find contentment - work, money, relationships, etc. As you go through your week, make note of times where you find yourself leaning on those areas for satisfaction, and ask God to help you rely on Him alone.

Optional Ideas for Prayer Time

- a) In this season, it is important for us to be intentionally praying for each other. This also means that we must each choose to be honest and vulnerable with our prayer requests. Take time to 'check-in' about how each person is doing, and pray for them.
- b) Pray that God would help each member in your Small Group continue to grow in contentment that only comes through our relationship with Christ.