

## **Unpacking Wisdom- “Contentment & FOMO”**

Hebrews 13:5- Be content in what you have

II Corinthians 12:9- My grace is sufficient for you

Psalms 37:7- Be still in the Lord and wait patiently for Him

I Timothy 6:6- But godliness with contentment is great gain

Psalms 23:1- The Lord is My Shepherd, I lack nothing

Psalms 55:22- Cast your cares on the Lord and he will sustain you

### ***Go Deeper (Philippians 4:11-13)***

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance, and need. <sup>13</sup> I can do all things through him who strengthens me.

1. When have you experienced FOMO (Fear of Missing out)? What attitudes or feelings accompanied your FOMO?
2. What are possible outcomes when we mix wants vs. needs?
3. What are some steps/actions you can put in place to practice contentment?
4. When was the last time you had discontentment? How did you overcome it? Did you overcome it?
5. Why is Christ's grace not sufficient for some in the church?
6. Explain what it looks like to have contentment in your life? Your marriage? Your family? Your job? In life?
7. How does a proper mindset (see Philippians 4:8) play into a life of contentment?