

CONNECT QUESTIONS

- 1) Thinking about this week, how was God at work in your life? Is there some way we can pray for you?
- 2) Last week, we talked about making a life change to better follow/obey Jesus. What did you do? What can you do to sustain that habit/practice?
- 3) Read the passage and reflect on the sermon from Sunday. If you could change one thing about your current circumstance, what would it be? Why do you think that change matters so much to you?
- 4) How does comparison steal our contentment?
- 5) How does gratitude affect our anxiety?
- 6) Paul learned how to content in all circumstances. Have you experienced God's peace which transcends understanding?
- 7) How is contentment different from complacency?
- 8) Today, where does God want you to know that He is *enough* for you? How can you practice contentment and peace this week? Is there anything you need to release to God or thank Him for?
- 9) Find a partner: commit to sending encouraging messages to each other this week. Close in prayer.

Memory Passage

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

— *Philippians 4:12-13 (NIV)*

Trinity Church of the Nazarene

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▪ October 18, 2026 ▪

10:00 AM

Song of Praise

"Rest on Us"

Call to Worship

Songs of Praise

"Way Maker"

"Trust in God"

Prayer

Janan Wurzbach

Announcements

Pastor Felisha

Sermon

Pastor Travis

▪ *The Freedom of Enough* ▪

Song of Praise

"It Is Well with My Soul"

Benediction

Philippians 4:4-13 (NIV)

⁴ Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

¹⁰ I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it.

¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³ I can do all this through him who gives me strength.

Notes:

The Freedom of Enough