



---

# WEEKLY GUIDE

---

AUGUST 2020

---



# MOVEMENT @ HOME

Gather together as a community in a comfortable setting (around a table, on the couch, the floor of a living room, etc.). Have somebody lead a prayer asking the Holy Spirit to lead and guide your time together.

## **Work through these questions together as a community (25 – 30 minutes)**

1. What stood out to you in this week's teaching on Contentment? Was there anything that was specifically helpful or challenging to you?
2. What are one or two ways you know a lack of Contentment is contributing to consumption in your life? What are those areas?
3. When you hear and reflect on Paul's line in Philippians 4 — "I have learned to be content whatever the circumstances" — what is one circumstance in your life that you feel you have learned to be content with? What did that process look like?

### MESSAGE REVIEW

We extinguish the fire of "more" in our lives: the burning desire to look a certain way, to temporarily fulfill the ache of happiness, to get more, buy more, and own more through the discipline and practice of contentment. Smothering this fire will conclusively guide us to only maintain and consume what we need.

To practice minimalistic lives, we must first face the soul ache inside, accept why we are motivated to consume, and then ask God to meet us there, permitting Him to reveal us and teach us how to be satisfied.

## THE LAB

In order for us to practice simplicity in our lives, we must first confront the soul ache within; to take notice of why we are driven to consume, and then to invite God to meet us there, allowing him to show us and teach us how to be satisfied in him.

In this week's lab, we're going to take some time to notice and then reflect on where we need to grow in this discipline of contentment.



# THE LAB

The lab this week is to spend time before the Lord discovering and reflecting on where you are content and where you struggle with ongoing discontentment.

Read slowly through Philippians 4v10-13. As you read the passage, reflect on or journal through the words Paul pens from prison. He writes that he has learned “the secret of being content in any and every situation,” regardless of whether he has much or little.

As you reflect on this passage:

**Ask Yourself:** Where in my life am I able to practice contentment, regardless of circumstance, situation, or what I have?

**Ask Yourself:** In which areas do I consistently feel discontented, regardless of circumstance, situation, or stuff? Or is there an area of two that you find especially difficult to limit or simplify? (Consider the areas of simplicity we've explored: stuff, apparel, speech, and pleasure.)

**Ask the Spirit:** Spend some time asking the Holy Spirit to show you “the secret” that Paul references – that he can do all things, or feel contented in all situations, because the Lord has strengthened him.

# MENTOR ME TO MOVE

Talking through the weekly message helps you turn information into application. These talking points, questions, and scriptures are designed to help you grow in community.

## MOVE UP

Be With Jesus

Connect To Christ

## MOVE OUT

Become Like Jesus

Connect To Culture

## MOVE IN

Do What Jesus Did

Connect To Culture To Christ

## SCRIPTURE

Read the scripture

## DISCOVER

Use the Sword Bible Study method to discuss the message and reveal its meaning for our lives.

- How have you been with Jesus this week?
- Are you obeying the word?
- How have you self emptied to become like Jesus this week?
- How are you loving others (spouse, kids, family, church family and your neighbors?)
- When we choose to follow Jesus, we choose sacrifice over selfishness, the cross over comfort, and God's mission over maintaining the status quo. Have you done what Jesus did this week?
- Read the scripture from **Phillipians 4**
  - What do we learn about God/Jesus/Holy Spirit?
  - What do we learn from the people in this story?
  - Use "S.P.E.C." to discuss from the passage if there is a:
    - Sin to avoid?
    - Promise to claim?
    - Example to follow?
    - Command to obey?

## GOALS TO SET:

**OBEY:** Think of someone in need of encouragement. Commit to lifting them up in some small (or big!) way this week. We're all chasing something.

**ABIDE IN:** Read Phillipians 4 and pray daily.

**TRAIN:** You need to train your disciples in this. If you don't have a disciple, who can you practice it with this week? Join us weekly on Wednesday for "Mentor Me To Move" disciple making training beginning on September 2, 2020 (**Zoom Code: 389-476-789**).

**SHARE:** "Who from your oikos map will you share this story/message or share the gospel with this week?"

## MOVEMENT KIDS PARENTING TOOLKIT

Hi, Parents!

If you're anything like us you've used the phrase kids go outside a lot this week. We've even reinstated quiet time in our home something we haven't done since the kids dropped their naps. Why? Because giving ourselves space helps alleviate tensions that naturally build especially with the close quarters of quarantine. But thank God this need for space doesn't apply to our relationship with Jesus it's actually his nearness that feeds our soul. It's our prayer this week that you and your incredible kids experience Jesus. And we hope this tool kit helps.

We love you and admire how you are leaving your family.

-Pastors Dre + Shawn Burgs

### FAMILY CONVERSATION QUESTIONS:

- What are some things that are hard for you to do?
- Who helps you do those things?

### MEMORY VERSE

Read the memory verse. Take a moment to go over it with your Movement Kid(s) and repeat it. As you go through the week, remind your child about it, maybe reviewing it at breakfast or before bed. Ask your child what they think it means! The more we fill our hearts with God's word, the more we can be formed by the gospel.

I can do all things through Christ because he gives me strength. Philippians 4:13

### PRAYER

1. If they haven't done so yet, ask your child if they want to say yes to Jesus' love and follow His teachings?
2. Thank You for loving us. Thank You for giving us the Bible so we can learn about Your love. Thank You for Your plan to show love to everyone all over the world. We are glad You love us so much that You sent Jesus. Please help us to learn more about You and to trust You more. In Jesus' name, amen.

# MOVEMENT STUDENTS

Use the following thoughts and questions to have a spiritual conversation as a family. Don't emphasize having the right answer, but focus on spending time discussing the Word as a family.

## STUDENT CONVERSATION QUESTIONS:

Read through Philippians 4v10-13. As you read, ask: Are where do I need to find contentment in my life?

- Relationships (avoiding being alone, constantly seeking approval, etc.)
- Sexuality (porn, etc.)
- Substances (alcohol, weed, prescription drug misuse, etc.)
- Technology (phone, internet, Netflix, etc.)
- Appearance (social media, shopping, etc.)

### MESSAGE REVIEW

We extinguish the fire of "more" in our lives: the burning desire to look a certain way, to temporarily fulfill the ache of happiness, to get more, buy more, and own more through the discipline and practice of contentment. Smothering this fire will conclusively guide us to only maintain and consume what we need.

To practice minimalistic lives, we must first face the soul ache inside, accept why we are motivated to consume, and then ask God to meet us there, permitting Him to reveal us and teach us how to be satisfied.

Tune in to this week's message, as Pastor Dre teaches how to deal, discern, and reflect on where we need to develop in this contentment discipline.

Who or how do you most identify with in the message and why?

Read the scripture from Philippians 4

- What do we learn about God/Jesus/Holy Spirit?
- What do we learn from the people in this message?
- Use "S.P.E.C." to discuss from the passage if there is a:
  - Sin to avoid?
  - Promise to claim?
  - Example to follow?
  - Command to obey?

What keeps me from following/trusting Jesus today?

