

Main Idea

Contentment is learned by relocating our “more” from temporary circumstances to the surpassing worth of knowing Christ. Discontent exposes misplaced attachments, and transformation happens when we joyfully trade lesser treasures for Jesus, fixing our hearts on eternity and taking practical steps to loosen the grip of competing desires.

Icebreaker

- What if you had to trade away every other food for the rest of your life and keep only one, what would you choose?
- What made that worth losing everything else?
- What is the best trade you ever made in your life?
- What stood out to you from Sunday’s sermon?

Opening: Set the Tone

- Tonight we’re not just reviewing a sermon. We’re going to examine where our MORE actually lives.
- Paul says in Philippians 4 that he learned the secret of contentment in both abundance and scarcity. That means contentment is not automatic — it is formed.
- *Leader: Ask everyone to be honest and courageous tonight. This only works if we move past surface answers.*

Part 1 – The Exposure

Read Philippians 4:11–13 out loud together.

- Paul says: “I have learned to be content whatever the circumstances.”
- He also says: “I know what it is to have plenty.” “I know what it is to be in need.”

Discussion:

- Where in your life do you feel the most emotional instability right now?
- What situations most easily disturb your peace?
- When you think about your anxiety or restlessness, what is it usually connected to?
- *Leader: Gently guide them toward naming attachments, not just circumstances.*
- Pastor Daniel said: “Your discontentment reveals where you’ve put your MORE.”
- If your restlessness reveals your MORE, what might your heart be fastened to right now?

Part 2 – The Reversal

- Read Philippians 3:7–10.
- Paul says he considers everything loss compared to the surpassing worth of knowing Christ.

Discussion:

- What did Paul once consider “gain” that he now calls “loss”?
- What would be hardest for you to count as loss?
- Do you relate more to being content spiritually and discontent in the world... or the reverse?

Explain:

- Most of us are comfortable spiritually and striving in the world.
- Paul became content in the world and spiritually restless for more of Christ.
- Read Romans 8:18.
- “I consider that our present sufferings are not worth comparing...”
- Read 2 Corinthians 4:16–18.
- “Fix our eyes not on what is seen...”

Discussion:

- How does eternity change what deserves your MORE?
- What would look different in your week if eternity felt more real to you?

Part 3 – The Trade

Paul made two discoveries:

- You can't keep anything from this life.
- Jesus is worth more than anything in this life.

Read Matthew 13:44–46 (Treasure in the Field).

Discussion:

- What did the man do when he saw the treasure?
- Did selling everything feel like sacrifice — or joy?
- What does this teach us about how desire shifts?

Explain:

- You don't kill desire. You replace it.
- Appetites grow where they are fed.

Discussion:

- What appetite in your life has grown the most in the last year?
- What appetite has shrunk?
- *Leader: Allow silence here. This is exposing.*

Part 4 – Personal Application

Now we move from theory to movement.

- If your MORE is...
- Money → What would generosity look like this month?
- Reputation → Where could you serve others?
- Control → What outcome do you need to release to God?
- Lust → What access do you need to remove?
- Comfort → What could you fast this week?
- Achievement → What would rest actually look like?
- Attention → What would happen if you didn't post it?

Discussion:

- Which of those areas felt uncomfortable to hear?
- Which one do you think God is highlighting for you?
- What is one specific step you can take this week to weaken its grip?
- *Leader: Push for specifics. "Pray more" is not specific. "Fast social media for 7 days" is specific.*

Part 5 – Christ-Sufficiency

Read Hebrews 13:5.

- "Be content... for He has said, 'I will never leave you.'"
- Contentment is relational before it is circumstantial.

Read Colossians 3:1–4.

- "Set your hearts on things above..."

Discussion:

- What would it look like to consciously move your MORE to Christ this week?
- How would your decisions change if Jesus truly was your prize?
- *Leader: This is where emotion may rise. Let it.*

Closing Prayer Moment

Invite everyone to quietly name before God where their MORE has been anchored.

Leader: Give silence here. Do not rush it.

Pray:

- "Jesus, you are worth more.
- More than reputation.
- More than money.

Small Group Guide
Sermon Topic: Philippians 4

March 1, 2026
Pastor Daniel Self

- More than control.
- More than comfort.
- Teach us the secret.
- Train our hearts.
- Move our MORE to you.”
- Encourage each person to share one practical commitment before leaving.

Leader Notes for the Week

- Follow up midweek with a simple message:
- “What did you do this week to move your MORE?”
- Transformation happens in follow-up, not just discussion.