

LIFEquestions

Your Story

- When or where do you feel most content?

God's Story*:

Read the passages on the opposite page.

Take a slow look at the LIFEtexts (opposite) and consider these questions:

- What do these verses tell us about the sources of DIScontentment? Can you think of other sources of discontentment to add to the list?
- “if we have enough food and clothing, let us be content” (1 Tim.6:8 - opposite). How does a Western lifestyle help or hinder contentment?
- What do these verses tell us about the sources of contentment?
- Trust in God appears to be central to living in contentment (Phil 4:13; Hebrews 13:5,6; Habakkuk 3:18). How can we share in this confidence in God’s provision? What helps and what hinders?
- Paul writes that he has ‘learned’ to be content (Phil 4:11 - opposite). What do you think is involved in learning contentment? Try to make a ‘Beginners’ Guide to Contentment’ by identifying up to ‘10 Rules for a Contended Life’.

Your Story

- What single step could you take to ‘learn to be content’?
- Pray together about these things.

* These questions are a guide only. Do not feel you have to cover them all. Do feel free to allow the conversation to develop in other directions, if it seems fruitful (and stays on the subject!). Do pray for one another.

11 Not that I was ever in need, for I have learned how to be content with whatever I have. 12 I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. 13 For I can do everything through Christ, who gives me strength.

Philippians 4

6 Yet true godliness with contentment is itself great wealth. 7 After all, we brought nothing with us when we came into the world, and we can’t take anything with us when we leave it. 8 So if we have enough food and clothing, let us be content.

1 Timothy 6

5 Don’t love money; be satisfied with what you have. For God has said,
“I will never fail you. I will never abandon you.”

6 So we can say with confidence,
“The Lord is my helper, so I will have no fear.
What can mere people do to me?”

Hebrews 13

Even though the fig trees have no blossoms,
and there are no grapes on the vines;
even though the olive crop fails,
and the fields lie empty and barren;
even though the flocks die in the fields,
and the cattle barns are empty,

yet I will rejoice in the Lord!
I will be joyful in the God of my salvation!

The Sovereign Lord is my strength!

Habakkuk 3:17-19

LifeSHAPE
live for God

LifeSTREAM
connect with God

LifeSOURCE
rooted in God

