



THEME:

The Secret to Contentment > Philippians 4:11-13

CONVERSATION:

1. Is there food from back home you can't get here & you crave?
 - a. What's something it's really hard for you to eat just one of?
2. If we already know we can't ultimately find lasting contentment in places like cash, recognition, material things or even relationships > why do we keep trying so hard?
3. Can you see how relationships might struggle under the weight of trying to be each others' ultimate source of contentment?
4. Look at [Philippians 4:11-13](#) >

Not that I was ever in need, for I have learned how to be content with whatever I have. 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. For I can do everything through Christ, who gives me strength.

- A. If the secret to contentment is to do life "through Jesus" > in all honesty, how difficult is it for us to pursue life God's way instead of our way?
 - a. What's more difficult: endlessly chasing contentment down 'dead-end streets' -or- admitting we don't know the way to contentment & asking God for directions?
 - b. Have you experienced moments of real contentment & satisfaction because you were building his 'kingdom' instead of yours?
 - i. If so, what was that like?
 - c. Is it possible for us to enjoy that real contentment more often?

ACTION:

- Take a second to write down (on your phone, on paper > somewhere you'll find it again) one 'dead end' street you often take searching for contentment that you'll make an honest attempt to steer away from this week.
- How can you stay on course > could you share your attempt with someone who might help you?