**Life Team Bible Study:** For the week of March 4 – One Thing

**Suggested schedule:** This is all flexible

* 15 minutes: Gathering / Refreshments
* 15 minutes: Prayer requests
* 30-45 minutes: Discussion of the lesson
* 5 minutes: closing prayer
* 15-30 minutes: Refreshments

**HANG**

* At times, it can be tricky to know the difference between a need and want. Based upon your life observations, what are two or three typical “wants” that people confuse for “needs”?
* How would you define the difference between a “want” and a “need”?

**HEAR**

* **We heard this past weekend about contentment and peace during not so peaceful circumstances.** Was there one point from this week’s sermon that particularly caught your attention, challenged you or confused you?

**Philippians 4:10-13, 1 Timothy 6:6-10**

* As you read those two passages, what stand out to you the most? Why?
* What is Paul challenging us in?

**There are many areas where discontentment can show up (i.e. job success, housing, self-image, education, relationships, clothing, health, money, possessions, and much more).**

* Which area, if any, do you tend to struggle with the most when it comes to becoming or remaining content?
* Can you think of any healthy and/or unhealthy ways you’ve personally dealt with discontentment?

**The book of Ecclesiastes records King Solomon’s search for contentment in a world where he had everything at his fingertips. Take a look at what he learned by reading the following passages and then talk about what he discovered about the pursuit of contentment.**

**Ecclesiastes 2:1-11, 4:4-8, 5:10-6**

* Which of the verses stands out to you the most and why?

**Sunday we talked about contentment killers – let’s take a look at them:**

**1. Grass is always greener myth –** Resist this age-old lie

**Ecclesiastes 1:1-18–2:1-11**

* Have you ever been there – and bought this lie? With what?

**2. Comparison –** comparison is a game we can’t win

**1 Thes 5:18, John 21:18-22**

* Have you ever struggled with the thinking that contentment will come, after I buy one more thing? What was the things that did not bring contentment?

**3. Greed –** greed is a monster that will never be satisfied.

**Ec 5:10-11, Pro 23:4-5**

* Most people don’t see greed in themselves. Why do you think this is true?

**4. Unrealistic goals & dreams -** Have and set realistic goals/ God dreams

**Proverbs 13:12**

* What does Proverbs 13:12 – tells us about our dreams / goals?
* Do you have a fixation on an unrealistic dream that is leaving you bitter and discontent?
* Is it true that we can anything we put our minds to? Why or why not?
* Is it true that you can do anything God wills for you to do?

**5. Poison people & things-** Avoid places/ things that breed material envy

**Proverbs 14:30, Matthew 18:8-9, 1 Tim 6:9-11**

* How can places, peoples and things encourage discontentment?

**Three things that we talked about Sunday that bring contentment:**

* **Cultivating Gratefulness**
* **Letting Go**
* **Living a life of Generosity**
* Which of the three do you find the easiest to do?
* Which one do you find the hardest to do?
* How can we nature those areas and grow in contentment?

**Biblical contentment does not mean checking our drive or desire to succeed at the door. God gives us the freedom to ask for blessings, protection and provision.**

**Proverbs 30:7-9, 1 Chronicles 4:10**

* How do you balance Solomon’s prayer and Jabez’s Prayer with our freedom to ask for blessings beyond our needs?

**Biblical contentment is defined as. Contentment = Jesus is enough**

Contentment means = I can cope with it – even if I’m not loving it!

* Based on **Philippines 4:13** – How is this possible?

Because we see the bigger picture of eternity – that God can give me the strength to endure anything!

**HOME**

Looking back at this week’s message, which of the four “Contentment Killers” is most likely to rob you of the ability to handle anything and accept what can’t be changed?

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