

PLENTY TOO MUCH LIFE GROUP APPLICATION WEEK 5

PLENTY TOO MUCH JOY AND CONTENTMENT

Introduction

The big focus of today's lesson has to do with the choice to learn to live in contentment vs. living in discontentment. This may seem like a small thing but has huge implications. The meaning of the word contentment probably describes the plenty too much attitude better than any word. It means to be sufficient and satisfied. We want to discuss today, how we can continually embrace that mindset and attitude for our lives.

Philippians 4:11-12

"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."

Memory verse: "I can do all things through Christ who strengthens me." (Phil. 4:13 NKJV)

1. Icebreaker.

Joy, laughter, and celebration are such powerful atmosphere shifters. Can you describe a recent experience in which a bit of humor, laughter or joy shifted the environment you were in and allowed some good things to happen?

2. The remarkable thing about the passage in Philippians 4:11-13 is that it was written by Paul in a prison cell, where he was unjustly awaiting eventual martyrdom. What can you observe from Paul's choices and responses in prison that could be especially relevant to you and all of us in this time that we're living in?

3. On a scale of 1-5 with 5 being the highest good: How well did you live satisfied and sufficient in Christ this week? Was it easier to be sufficient or satisfied? Did you have an experience of Christ strengthening you and making up the difference for you to be more sufficient or satisfied?

4. In the story of the loaves and fishes, we see Jesus trying to help the people move from trying to find their fulfillment and security in things, to finding fulfillment and security through a relationship with Him. What can you relate to the most in the story?

- a. People sometimes just want to use God to get something they desire and miss who *God wants* to be in their relationship.
- b. People think if they could just have more stuff or be in a different situation, they would be happy.
- c. People feel like they have to do something to get God to give to them, instead of just believing and receiving.
- d. People come to God now and then when they feel a need, instead of spending time daily, cultivating a relationship with Him.

5. What is one of the most common ways Satan tries to rob you of your joy?

What are some examples of things you focused on this week that increased your contentment and things the enemy tried to get you to focus on to steal your contentment?

6. One of the main things that would enhance our contentment is truly believing that God has provided everything we need, in every situation, *to walk in complete contentment*. What are some examples of how you would respond if you believed that vs. how you respond if you don't believe it?
7. Describe some ways you believe God wants you to increase your hunger and satisfaction in Him this week?
8. Where might God be saying He wants to replace a spirit of heaviness with a spirit of praise?