



Five Easy Steps to Wreck Your Life—Week 4

- What is your favorite possession? What about this item is so special to you? What kind of joy does it bring you?

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

1 Timothy 6:6-8 (NIV)

- Why do you think so many people in today's society have bought into the lie that money and things can buy happiness? How often do you catch yourself believing this lie?

And he told them this parable: "The ground of a certain rich man produced a good crop. He thought to himself, 'What shall I do? I have no place to store my crops.' "Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods. And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." "But God said to him, 'You fool! This very night your life will be demanded from you... "This is how it will be with anyone who stores up things for himself but is not rich toward God."

Luke 12:16-21 (NIV)

- What is your biggest dissatisfaction with your life currently?

Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe...

Hebrews 12:28 (NIV)

- There are five ways to become dissatisfied. The first is to become great at being ungrateful. At what times do you seem to be the most ungrateful in your life? How often does this happen?

We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.

2 Corinthians 10:12 (NIV)

- The second way is to compare what you have with people who have more. Describe a time when you became too focused on comparing your possessions with the possessions of others. How did those thoughts influence your behavior and your actions?

"Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

Luke 12:15 (NIV)

- Pursuing temporary possessions over eternal treasures can also cause us to become dissatisfied. What types of possessions do you tend to put too much focus on? Why do you allow these possessions to distract you?

You are God my stronghold. Why have you rejected me? Why must I go about mourning, oppressed by the enemy?

Psalms 43:2 (NIV)

- Resenting God for where you are in life is another way to create dissatisfaction. When and for what reasons do you tend to resent God in your life? How do you deal with those feelings of resentment when you have them?

For the wages of sin is death...

Romans 6:23 (NIV)

- The final way to become dissatisfied is to develop an attitude of entitlement. Why do you think it is so easy for us to develop an attitude of entitlement? How can we battle against that attitude?

But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ...

Philippians 3:7-8 (NIV)

- Of the five steps to be dissatisfied, which one do you identify with most? Why?

...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. I can do everything through him who gives me strength.

Philippians 4:11-13 (NIV)

- How we live reveals what we believe. Many people live as if what Christ offers is not as good as what the world offers. After reading Philippians 4:11-13, discuss how Christ is more than enough in your greatest dissatisfaction.

Final thought: We should not become dissatisfied because Christ is more than enough. With your group, pray and ask God to bring contentment to each person and remove any feelings of dissatisfaction. Thank God for all the needs He has met in each of your lives.

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For Further Study

To use this resource, simply select one or two questions from each category below that you think will help your group discussion. Alternatively, you can use these questions and Scriptures in your own personal devotions during the week.

Open

- Describe a time you felt contentment in the middle of problems or uncertainty.

Explore

Read Philippians 4:10-23

- Why was Paul glad? (4:10-13)
- What lesson had Paul learned about contentment? (4:10-13)
- Why could Paul handle any kind of circumstance? (4:13)
- What did the Philippians do about Paul's troubles? (4:14)
- How had the Philippians supported Paul in the past? (4:15-16)
- What did Paul not want? (4:17)
- What was Paul's current financial situation? (4:18)
- How did Paul respond to the Philippians' generosity? (4:18-19)
- How would God reciprocate the believers' generosity? (4:19)
- To whom did Paul give thanks and praise? (4:20)

Reflect

- Why do you think Paul was so flexible in his approach to life's circumstances?
- How do you handle the unexpected?
- What can you learn from Paul about being content?
- The Philippian Christians helped Paul when he needed it; how are you able to help others in trouble?
- How will God honor a giving spirit?

Apply

- What can you do to develop an attitude of contentment in all circumstances?

Here are some suggestions you may want to use for your time with God this week:

Day 1: Read 1 Timothy 6:6-8. Pray and ask God to give you a spirit of contentment and remove any dissatisfaction from your life.

Day 2: Read Luke 12:16-21. Confess before God your biggest dissatisfaction in your life currently. Ask for contentment in that area of your life.

Day 3: Read Hebrews 12:28 and 2 Corinthians 10:12. Pray and ask God to help you battle against any ungratefulness in your life.

Day 4: Read Luke 12:15 and Psalm 43:2. Commit to God that you will focus on Him and not possessions. Ask for God's help in removing the distractions from your life that take your focus away from Him.

Day 5: Read Philippians 3:7-8 and 4:11-13. Thank God in prayer for continually meeting your needs. Take time in prayer seeking His contentment in your life.