

THE DISCIPLINE OF CONTENTMENT

Psalm 131

MAIN IDEAS FROM THIS WEEK

1. TRUE CONTENTMENT COMES FROM HAVING SOMETHING AT THE CENTER OF YOUR LIFE THAT FREES YOU FROM EXTERNAL CIRCUMSTANCES
2. TRUE CONTENTMENT CAN TRANSFORM OUR HEARTS
3. TRUE CONTENTMENT CAN TRANSFORM OUR VISION
4. TRUE CONTENTMENT CAN TRANSFORM OUR WAY OF LIFE

DISCUSSION QUESTIONS – Pick one or two of these to talk about as a group

1. What stood out to you most from this week's message? Why?
2. Who is the most content person you've ever known? At this point in your life, would you describe yourself as content or discontent?
3. Sometimes we look for contentment through denial or distraction from our circumstances. What are some ways you try to distract yourself from what is going on around you? How can we break free from the power of our circumstances instead of trying to ignore them?
4. True contentment can transform our hearts, our vision and our way of life. What are some aspects of your life that you think could use some transforming? How might finding contentment play a role in that change taking place?
5. In Matthew 11:28-29, Jesus says that His yoke is easy and His burden is light. What are some ways that Jesus' "yoke" and "burden" bring us rest in our search for contentment?
6. In order to have true contentment we have to take the time to discover what is at the center of our lives and replace it with God. Here are some questions you can use to take a self-inventory and discover what is at the center of your life. Take some time this week to contemplate these questions and then discuss what you learn as a group. *How do you spend your free time? How do you spend your money? What do you think about most often? What do you do when no one is watching?*
7. **OPEN DISCUSSION:** Take some time to discuss the idea of contentment. You can talk about what it is, what it isn't, when you've felt most content, when you've felt least content and how we can learn true contentment.

A TRUTH TO TAKE WITH YOU: We will never find lasting contentment in things that don't last. Infinite desires need infinite solutions.