

Healthy Mind: God Help Us!

Contentment

Philippians 4:10-13

DISCUSSION QUESTIONS

The following questions are intended to use in discussion and application of the past week's sermon.

Listening

What part of the sermon was most helpful to you or challenged you to think and/or live differently? How will you apply this message to your life?

Engaging

Read Philippians 1:12-14 and 19-21. Why do words of an imprisoned disciple, facing imminent execution ring loudly on the matter of contentment?

What are barriers to a settled sense of contentment? Where do these things come from and why are they so effective in stirring discontentment?

Can you recall people that demonstrate contentment in their lives in compelling ways? Discuss.

Applying

For further discussion and resources, please consider (personally or as a group) visiting 'The Well', Timberline's ongoing resource site (updated each week based on fresh subjects), at <https://www.timberlinechurch.org/resources/the-well>.

In abiding in Jesus as our priority, what can we be thankful for that will allow contentment to come as a byproduct?

Praying

Take some time as a group and pray over people impacted by the war in the Ukraine. May the Lord bring an end and healing to the violence and destruction taking place.

In light of this message and discussion:

How can we pray for each other? Where do you feel challenged or convicted?

What can we praise God for? How can we pray for our church?