



**Sermon-based small groups connect the week to the weekend!**

*Dig deeper into the talk each week, while getting connected, cared for and known. Challenge yourself to see how the message actually makes sense and applies to your everyday life and do it with people just like you to support you on your journey.*

**Message Info:** , The Secret, Worst Year Ever (1/31/21)- I would rather be better than worse but often it feels like the choices in life are between a bad situation and settling for less than what we hoped for. The secret to finding hope in anything is learning to disconnect your satisfaction from your situation. It is learning the state of, the spiritual practice of contentment. This message readjusts our misconceptions about contentment, helps us source it from Christ. (Passage: Philippians 4:10-19)

**Discussion Questions:** Take your time and dig into these questions.

Pick one or two would you rather questions below:

Would you rather only be able to whisper or only be able to shout? (Why?)

Would you rather have spaghetti hair or sweat mayonnaise? (Why?)

Would you rather talk like Yoda or breath like Darth Vader? (Why?)

What is one way you have had your contentment stuck to a circumstance or a thing? What happened?

Read Philippians 4:10-19 What sticks out to you in this passage? Why?

Why do you think it would be freeing to disconnect your contentment from your circumstances and connect it to your relationship with God?

Read James 1:17. What is one gift you have in your life you could be thankful for?

You can practice contentment by choosing a perspective like: believing the best in others, letting “I can” instead of “I can’t” be your default, a choosing gratitude as your attitude. Which one of those three could you work on this week? What is one practical step you could take to work on it?

How could you focus on making Christ your source for contentment this week?

**Group Challenge:** Invite a friend to come to your group this week. There is always an empty chair.