Group Conversation Guide
Week of November 23

SERIES: More to Life: A Study in Philippians
MESSAGE: Less Is More
Scripture: Philippians 4:10–13

BEFORE YOUR MEETING

Watch or attend this week's message from Church at Viera: churchatviera.com/live/

BEGINNING THE CONVERSATION (ICEBREAKER)

- What is something that you thought would make you happy that you later realized it didn't?

STUDY TOGETHER

Paul learned to be content in every circumstance, whether he had plenty or very little. Contentment doesn't come from having everything we want, but from learning to trust Jesus in every situation.

Contentment Is Learned

Read Philippians 4:10–13

- Why do you think Paul says he *learned* to be content rather than simply saying he was content?
- What are the things that tend to steal your contentment?
- How has trusting Jesus changed the way you respond to what you have or don't have?

Learn From the Example of Jesus

Read Philippians 2:5–7

- What do we learn about the humility and attitude of Jesus in these verses?
- How does Jesus' example inform the way we should pursue success, possessions, or recognition?
- How can you follow Jesus' example of humility?

Grow Together

Read Philippians 4:10

- How do other people help you grow in contentment?

- Who are the people that are most encouraging you to trust Jesus and keep growing when things are difficult?
- Who do you need to encourage and help find contentment?

Guard Your Heart

Read Proverbs 4:23 and Luke 12:15

- What competes most for your heart, attention, and satisfaction?
- How can you recognize when wanting more is affecting your contentment?
- How can you guard your heart from dissatisfaction?

Practice Contentment and Depend on Christ

Read Philippians 4:11–13 and Hebrews 13:5

- What does contentment look like when things aren't going the way you would hope?
- How does the statement "I can do all things through Christ who strengthens me," relate to being content?

LIVING AS FOLLOWERS OF JESUS

● How is God inviting you to learn more about being content?

WORSHIP TOGETHER

Chris Tomlin - “Satisfied”

youtu.be/Mk1VFwh08BE?si=TZr0kgeM8jLrEcLF

PRAYER TOGETHER

Pray for:

- A heart that finds contentment in Jesus rather than circumstances.
- Humility to follow the example of Christ.
- Encouraging relationships that help us grow in faith.
- Wisdom to guard our hearts against greed and discontentment.