



WEEK 3 CONTENTMENT

PHILIPPIANS 4:10-13 (THE MESSAGE)

*'It's interesting to me that the majority of people spend the majority of their time pursuing happiness along a path that yields the least amount of increase in their actual happiness factor'.
Dr Ed Diener*

1. HAPPY PEOPLE HAVE FRIENDS

Job 5:7
John 16:33
Ecclesiastes 4:9
James 5:16

2. HAPPY PEOPLE ARE GIVERS

2 Corinthians 9:6
1 Corinthians 12:27
Isaiah 55:1-2

LIFEGROUP NOTES

WEEK 3 CONTENTMENT

OPENING THE PRESENT

1. Are you happy right now? (You could spend the rest of the session talking about this one question alone - maybe you should)
2. What kinds of things make you feel really happy in life?
3. What intrigued you from Sundays talk?

TAKING IT OUT OF THE BOX

Take a moment to read Philippians 4:10-13

1. How would you describe Paul's happiness levels?
2. Have you ever known happiness with 'little' as well as with 'much'?
3. Read Ecclesiastes 4:9
How do friendships play a part in your happiness levels?
4. Read 2 Corinthians 9:6
When have you found 'sowing generously' (with your time, talents or money) has raised your own levels of contentment?

ENJOYING THE GIFT

Read Isaiah 55:1-2 and consider some 'next steps'

1. What one thing will you change as a result of this discussion?
2. How can the rest of the group help you with this?