

#Struggles

Contentment (Wk.1)

LifeGroup Notes

TALK IT OVER

Main Idea

Constant comparisons steadily erode our sense of contentment.

Key Scriptures

"I have told you these things, so that in me you may have peace. In this world you will have struggles. But take heart! I have overcome the world." John 16:33

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. Romans 12:3

My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends. John 15:12-13

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of our faith. Hebrews 12:1-2

We live in a comparison soaked culture that leads us to "should all over ourselves".

To combat discontentment:

- WE WILL KILL COMPARISONS (Rom. 12:3)
 - Intentionally limit your time on social media.
- WE WILL CULTIVATE GRATITUDE (John 15:12-13)
 - Give yourself in the service of others.

We need to get rid of our sense of entitlement. We need to get back to the idea of feeling good by doing good, by being true to our deeper values.

– Steven Stosny

Start talking.

- Joel read the following quote, "...the pressure to keep measuring up to the constant comparisons and deliver on high expectations gets to be exhausting." What feelings/thoughts does this raise in you?
- How do comparisons lead to discontent?
- How are you tempted to "should on yourself"?

Start thinking.

- Joel mentioned, "To compare up is to invite envy, to compare down is to invite pride and/or shame." Why is that true?
- Is there an appropriate place for comparisons? Explain.
- Read John 16:33. What does the peace Jesus speaks of look like?
- Jesus instructs us to "take heart" (to literally be courageous) in the midst of our struggles. How is this practical advice?

Start sharing.

- What are the most consistent comparison traps you find yourself in?
- Read Romans 12:3. What does "sober judgment" look like for you?
- Read John 15:12-13. How does sacrifice and service impact our sense of contentment?

Start doing.

- Social media is a "comparison engine" we need to let run out of gas every so often. Therefore Joel challenged us to unplug from social media on Tuesday and Thursday as stet toward killing comparisons. Are you willing to try that? What other steps could you take to further kill comparisons?
- To cultivate gratitude we will give ourselves in the service of others. What steps have you taken, or will you take to more intentionally serve?

Close in prayer.

Read Hebrews 12:1-2 out loud as a group and offer it back to Jesus as a prayer. Help us Lord to "throw off" those external pressures that seek to hold us back and tie us up on the inside. Give us the courage to run OUR race with persistence and perseverance. And in all this help us rest in your peace as we keep our eyes firmly fixed on Jesus.