



# DISCUSSION

## GUIDE

We can find satisfaction in our lives by learning how to be content *here and now*. By being a light to God, we will experience full joy and peace.

### DISCUSSION QUESTIONS

1. On a scale of 1-10 (10 is high, 1 is low), how satisfied are you with your life? What factors play into how you determined that number?
2. Jeff said, "We need to find contentment *here and now*." Learning how to enjoy imperfect people and places *now* helps prepare our hearts for the future. Where are you now? Where do you wish to be?
3. Contentment frees us to enjoy what we have. Read **Ecclesiastes 1:8, 6:9 and 5:10-11**. What do these verses say about contentment and satisfaction?
4. Read **Philippians 4:11-13**. Have you experienced both being in need and having plenty in life, like Paul did? How can you learn to be content no matter the circumstances? How can you still be your best, even at your worst?

### JOIN THE CONVERSATION

What are you most thankful for in your life? Instagram or tweet about it using #ATimeForEverything.

### COMMIT TO MEMORY

I have learned to be content whatever the circumstances.

**Philippians 4:11**