

# Destiny

## SMALL GROUP STUDY | Contentment

In a world full of advertising, social media, and television, it seems that our satisfaction with who we are and what we have is constantly challenged. Can we ever be content? The Bible says we can. This study investigates how.

### READ | What does the Bible say?

**Read Psalm 131**

### REFLECT | What does the Bible mean?

- Q1. What would you say are the biggest causes of discontentment in the world, especially in the lives of people you know?
- Q2. What do you think the Psalmist is saying in verse 1? What decision has he made within himself, and what has this got to do with contentment?
- Q3.
  - a. In verse 2, the Psalmist talks of having 'calmed and quietened' himself. What does this imply about his state beforehand and have you ever found yourself in a similar state before God?
  - b. How do you think the Psalmist actually might have gone about calming and quietening himself before God?
- Q4. Verse 3 speaks of putting our 'hope' in the Lord. What do you think that means and how is it connected with contentment?

### RESPOND | What do I need to do now?

- Q6. Paul talks about contentment in Philippians 4:12-13. What was His secret and how can we learn from his example?
- Q7. Break down into pairs. As honestly as you are able, share with your partner about any areas of discontentment you are struggling with. Take a few minutes to pray for one another.

### Suggested memory verse(s):

**I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. (Philippians 4:12-13 NIV)**