



November 22, 2020

SONG OF CONTENTMENT

Living in a social media society causes us to live our lives in constant comparison to others. Always watching what other people have and are doing will cause us not to value what we have. This lack of appreciation and thankfulness can often lead to anxiety, restlessness, and even depression. Keeping our focus on the life and path God has set out for us, "staying in our lane," can help develop an attitude of gratitude, which will allow joy and thanksgiving to permeate all aspects of our hearts and lives.

PASSAGES:

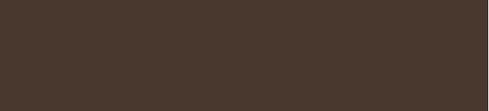
- John 21:20-23
- Psalm 16
- Philippians 4:4-6

PRINCIPLES:

- A false god has to be constantly _____ .
- A false god is never _____ .
- A false god _____ thankfulness.
- Giving thanks counteracts _____ and _____ .
- If you can _____ , you can _____ .

PRACTICE:

- If you haven't already, begin a list of 100 things for which you are thankful. Write down 10 new and unique things each morning. Read some at the Thanksgiving table.
- Write letters of thanksgiving and send them to people God has used to bless you this year.



Use this outline for personal reflection, as a couples or family devotion, or with a small group.

HANGOUT [WARMING UP TO THE TOPIC]:

1. Have you started your list of 100 things for which you are thankful? What, if anything, have you learned by making this list?
2. What impact, if any, do you believe gratitude has on anxiety and worry?

HEAR [LISTENING TO GOD THROUGH SCRIPTURE]:

3. Read Philippians 4:4-5.
 - The prefix "re" means again. How does this affect the way you understand the word "rejoice"?
 - What does it mean to rejoice *IN* the Lord? How is that different from rejoicing in anything else? Why do you think Paul repeated himself in verse 4?
 - Why does the nearness of the Lord require our gentleness with everyone? Is there a connection between our willingness to rejoice in the Lord and the way we treat other people? How does our continual rejoicing in the Lord remind us of the proximity of the Lord?
4. Read Philippians 4:6.
 - For someone who struggles with anxiety, Paul's command to "not be anxious about anything" can feel like an impossibility. How would you explain this biblical command to a person who struggles with anxiety?
 - Paul uses "always" in verse 4 and "anything" in verse 6. What is the connection between rejoicing "always" and not being anxious about "anything"?
 - What instructions does Paul give those who are facing anxiety? Do you think this advice is helpful? Why or why not?
5. Read Philippians 4:7.
 - According to verse 7, what is the result of following Paul's directive?
 - What does the phrase "the peace of God, which *surpasses all understanding*" imply?
 - Paul says God's peace will stand guard over your heart and mind. What does that mean to you? How would the belief that God is standing guard over your heart and mind change your attitude and behavior this week?
 - Think about something that has been worrying you recently. What is it about that situation that you can honestly thank God for right now?

HUDDLE [MAKING IT PERSONAL AND PRAYING TOGETHER - IN HUDDLES]:

6. Are you or someone you love currently struggling with anxiety? How do you feel when you read Philippians 4:4-6? This is one of those passages that can feel like a judgment and burden to some. How does this verse pose a test of faith for all of us? What about people battling clinical anxiety? Talk about it, invite accountability, and take time to pray.