

“Be Still: Contentment”

Growth Group Guide

February 22, 2026

WELCOME *(Connecting with each other)*

Contentment is defined as: a state of happiness and satisfaction. Can you remember a time when you felt that way? What were you doing? Did that time have a big impact on you long-term? Share about it with the group. How is finding contentment in God the same or different?

WORSHIP THROUGH PRAYER *(Connecting with God)*

Open in prayer, inviting the Spirit to teach and encourage every heart to find deep, anchored contentment in God alone. Celebrate that this kind of contentment is ours in Him!

Isaiah 52:7 ESV “How beautiful upon the mountains are the feet of him (Jesus) who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, ‘Your God reigns.’”

Psalms 78:15-16 ESV “He split rocks in the wilderness and gave them drink abundantly as from the deep. He made streams come out of the rock and caused waters to flow down like rivers.”

Psalms 23:1-3a ESV “The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. HE leads me beside still waters. He restores my soul.”

WORD *(Letting God speak to us)*

1. What has been your experience with contentment in general? Has it been a struggle for you? Have you hoped one day you could say, “I’m content”?
2. **Read Psalm 131:1 in the BSB if possible.** What stands out to you in this first verse? Does knowing who David was, cause things to pop that might not otherwise? How would you paraphrase what he is saying?
3. **Read Psalm 131:2 in the BSB if possible.** Why do you think it’s important to understand that v2 is joined to v1 with a conjunction (“Surely” = Instead). Does this cause you to rethink any of your answers to question #2?
4. David uses the word picture of a weaned child. What do you feel is important to know about weaned children, or weaning a child, that will help us understand how we are able to still and quiet our souls? Remember our souls are where we think, feel, and choose.
5. Read 1 Thessalonians 5:23. How many parts are there to a person and what are they? (Hint: soul is one of the parts.)
6. Unweaned and weaned Christians can view God differently. What do you think those differences might be?

7. We are to operate as a whole person with our spirit in the lead, followed by the soul and the body. Inside out living. What might be some indicators that we are living spiritually underdeveloped, and overdeveloped in our soul and body?
8. What sort of characteristics would you use to describe a person who is finding their contentment in God? How do these characteristics enable a person to “still and quiet” their souls?
9. Like David in v1, how does finding contentment spiritually help us have a healthy view of ourselves?
10. **Read Psalm 131:3 in the BSB if possible.** David wants to share what he’s discovered with others. What from this study have you discovered for yourself first, that you hope to be able to share with others?

WALK *(Living out God’s purposes)*

- ✓ **One Big Idea: To be still is to find contentment in God alone.** If you are God’s child, have you struggled to be still internally? Have you tried to fix this struggle strictly in the areas of your body and soul (mind, will, emotions, personality)? What would it look like for you to focus instead on the spiritual union you have with Christ for internal stillness? Practice your Be Still Qualities as you talk to God about it. Ask Him to help you see how He’s working in and around you to accomplish this. Give Him permission to keep maturing you, but feel free to ask for His gentle care and mercy in this journey. Remember, God’s plan is to wean you from self-sufficient, independent living, to a deeper, dependent, fuller relationship with Him. One where you become a contented whole person, operating in right order with the spirit in the lead, followed by the soul and body. Inside out living!

WORLD *(Embracing God’s heart for others)*

Collegiate Day of Prayer: February 26

The media presents a limited narrative on life at college campuses today. Most of it can cause our hearts to sink. However, there is an incredible gracious move of God as well. “Across college campuses today, hunger for Jesus is rising, hearts are being marked for revival, shame is losing its grip, and more students are diving deeper into prayer than ever before. We believe this moment echoes moves of God that have come before, and we need the prayers of those who have witnessed revival to help build a bridge through prayer for college students. This is a call to action because as students go, so go the nation.” (2/18/26, collegiatedayofprayer.org)

Join the Collegiate Day of Prayer Simulcast on February 26th at 5pm PST. Always a powerful time, this year is hosted by Liberty University in Lynchburg, VA. To adopt a college campus, for prayer resources, and to access this event, visit: collegiatedayofprayer.org.

“...help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.” 2 Cor.1:11 ESV

[Copies of this Guide are available at <https://thurston.church/resources>]