



Series: **Max'd Out**
 Message: **Just Say It**



DISCUSSION GUIDE

START:

- Have you ever been truly “content”? Think of an instance, a situation, or a time in your life when you were simply “content”. When was it? Why were you content?

THINK:

- Read Philippians 4:11-12. Paul is sharing that he has *learned* to be content. This indicates that contentment does not come naturally to us.
- Being honest with yourself, what are some of the things you are discontent with right now?
- While it’s natural to be discontent, we can learn to be content by being thankful for what is in our grasp and by focusing on what we have. What do you have in your life that you are thankful for?
- In this week’s message, Chris says that the word “NO” is the 1st step on a journey of living a life of contentment. Do you find it easy or hard to say NO to the people, desires, and demands in your life? Why or why not?
- Read Philippians 4:13. Paul says that because of Jesus he can be content in all circumstances, be focused on what matters most, and be able to say “NO” to everything else. How can having Jesus as the subject of your life help you prioritize things? How can it help you be content with what you have at any given time?

PRAY:

- Ask God to point out all the things you can be thankful for this week, then thank Him for them. Ask God to show you what you need to say “NO” to in order to be the person He wants you to be.

ACT:

- It is said that discontentment comes from the gap that exists between what you want and what you have. Consider the things you are discontent about and ask yourself if those desires are in line with a life that has Jesus as its subject.
- If they aren’t, consider what you need to do to see past them and do without them. If they are, consider what you need to stop doing, to say “NO” to, in order to have them in your life.

READ:

¹¹ Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.

Philippians 4:11-12

¹³ For I can do everything through Christ-who gives me strength.

Philippians 4:13



1. READ IT

engage the discussion guide on your own

2. GROUP IT

invite friends to join you

3. GROW IT

meet regularly with others

4. LEAD IT

connect with your campus pastor to learn about ADVANCE leadership at TCC