

# LEADER GUIDE | WEEK ONE

## Contentment | [How to be Content](#) | week of November 12

### INTRODUCTION TO THE LESSON

Welcome to the first week of this series on Contentment. During this series we will lean into defining contentment and how knowing and depending on Jesus enables us to be content no matter what we are experiencing in life.

Here is the topic layout for this series:

Week One: How to Be Content

Week Two: Contentment in Whatever Circumstance

Week Three: Contentment + Wealth

### *new leader tip*

*There is a lot of complexity around contentment. How do we celebrate the faithfulness of someone who has experienced something really difficult and has remained faithful? How do we encourage someone who is "in it" right now to continue to trust God? And how do we help someone who's discontentment seems trivial in comparison? Your biggest goal during this series will be to help your group explore the experiences they have that have caused them to be discontent so that we can grieve with, rejoice with, challenge, and rely on one another.*

*You can find additional resources to help you lead through your small group time or to pass along to the members in your group at [242community.com/contentment-resources](https://242community.com/contentment-resources).*

### ICE BREAKER AND THIS WEEK'S BIG IDEA

This week unpacked the idea that contentment comes from knowing Jesus. Use the ice breaker question to have people discuss things that did not provide the satisfaction and contentment people expected they would bring. This leads to the idea that only Jesus can provide true contentment.

### SCRIPTURE AND DISCUSSION QUESTIONS

This week's lesson starts with spending time looking at what contentment really means and then discussing what prevents us from enjoying contentment. Consider writing down the definitions and barriers that your group shares, so everyone can see them. Next, the lesson looks at the 7 "I am" statements that Jesus made about himself. Take time to look them up, read each complete verse, and discuss what they reveal about who Jesus is. For question four, have people choose one barrier they have to contentment and one of the "I am" statements that encourages them to move past their barrier. For example, "grief is my barrier to contentment, but knowing that Jesus is my good shepherd, helps me know that I'm not alone."

### NEXT STEP TOOLS

After group members choose their desired "I am" statement to memorize, consider having them write down their statement on a notecard to take with them and place in a visible spot for the week.

### PRAYER

Follow up on any shared prayer request or next steps taken and pray for one another. Focus on lifting up group members' barriers to contentment.

### EXTRA INFO TO SHARE WITH YOUR GROUP

**STEP ONE** | Invite those newer to your group or newer to 2|42 to attend the next Step One class at your campus. They can learn more and RSVP at [242community.com/stepone](https://242community.com/stepone)

**KIDS + STUDENTS EVENTS** | Check out the [What's Happening Section](#) of the 2|42 App to see what events are coming up soon for the kids + students connected to your group or what your group could do to support those events.

**BLUE CHRISTMAS** | A special service designed to help comfort those who are grieving and struggling to find joy and hope during the Christmas season. Specific dates + times for each campus can be found on [242community.com/events](https://242community.com/events)

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### ICE BREAKER QUESTION

Share a time when you thought something would satisfy you, but it didn't.

### THIS WEEK'S BIG IDEA

*The secret to contentment is knowing Jesus Christ.*

What is something you heard in the weekend's teaching that you would like to apply to your life?

### SCRIPTURE + DISCUSSION QUESTIONS

1. Using your phone or a dictionary, take a couple of minutes to look up different definitions of contentment and then share your favorite.
2. What are some barriers to contentment that people encounter?
3. What barriers do you have to contentment?

**Read** the 7 "I am" statements of Jesus from the book of John.

**John 6|35** "I am the bread of life..."

**John 8|12** "I am the light of the world..."

**John 10|9** "I am the gate..."

**John 10|11,14** "I am the good shepherd..."

**John 11|25** "I am the resurrection and the life..."

**John 14|6** "I am the way the truth and the life..."

**John 15|1** "I am the true vine..."

4. What do these scriptures teach us about Jesus?
5. Think of a current barrier you have to contentment. How does knowing that Jesus is [one of the "I am" statements] help you overcome this specific barrier?

### NEXT STEP TOOLS

Choose one of the "I am" statements and memorize its verse this week.

### PRAYER

Report back on any answered prayers, share new requests, and spend time praying for one another.