

LEADER GUIDE | WEEK TWO

Contentment | *Contentment in Whatever Circumstances* | week of November 19

INTRODUCTION TO THE LESSON

This week's lesson leans into how we can be content in whatever circumstances we are in. It is not meant to minimize the difficulties that people are experiencing, but acknowledging that we are to pray and lift our worries to God and that He will give us a peace that we can't explain even as we walk through the difficult times. Shifting our thoughts to gratitude for the good we do see God doing helps our perspective from earthly trials to kingdom joy.

For those in your group currently experiencing hardship, 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.

ICE BREAKER AND THIS WEEK'S BIG IDEA

This week's ice breaker acknowledges that Thanksgiving is coming soon, as well as introduces the concept of gratitude which will be present in the lesson and the Next Step Tool.

WEEKLY CHECK-IN QUESTION

Use this question to not only ask what people are learning about contentment, but also to follow up with group members about last week's Next Step Tool. Did anyone memorize one of the "I am" statements? If so, how did that help them with contentment throughout the week?

SCRIPTURE AND DISCUSSION QUESTIONS

This week's lesson focuses on Philippians 4|4-9. It begins with reading the passage in different translations. This provides the opportunity for repetition and for hearing the scripture in different words. It would be good to read the passage with a combination of more literal translations like NASB, ESV, and NIV, as well as translations like NLT and the Message to give a good range of versions of the Bible. For help navigating to different translations in the YouVersion app, use the following link: help.youversion.com/l/en/article/x9d1acdswd-the-read-tab

The lesson's questions are focused on comprehension of what Philippians 4|4-9 says with the goal of application during an extended prayer time. **Make sure to save 15-20 minutes of your discussion time for the prayer time.**

PRAYER

This week, the goal is to apply what was learned from Philippians 4|4-9 during an extended prayer time. Break into smaller groups to encourage everyone to participate.

new leader tip

*It may be helpful to have **pieces of paper** available for people in your group who don't like to pray out loud. You can suggest having them write down their thanks and circumstances to instead read out loud. You can also make sure to pair them up with at least one other person who you know is confident praying out loud.*

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

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

CHRISTMAS EVE SERVICES | Find details for Christmas service times at 242community.com/christmas

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.

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ICE BREAKER QUESTION

What is your favorite Thanksgiving memory?

WEEKLY CHECK-IN QUESTION

What has God been teaching you about contentment this week?

THIS WEEK'S BIG IDEA

Difficulties in life don't need to disrupt your contentment.

What do you remember most, or what stuck with you from the weekend's teaching?

SCRIPTURE + DISCUSSION QUESTIONS

Have 4-6 volunteers to read Philippians 4|4-9 in different translations. (NIV, ESV, NLT, The Message, NASB)

1. How does reading the scripture passage in different translations add to your understanding of what Paul is saying?
2. What do you learn about God in these verses?
3. What are believers commanded to do in this passage?
4. How do these verses relate to contentment?

PRAYER

Let's do what Philippians 4|4-9 says to do! After talking through the following steps, break into smaller groups for an extended prayer time.

1. Share with your prayer group a circumstance you are living through that is making contentment difficult.
2. Think of something to thank God for even in the midst of your circumstance and share with your group.
3. Pray, first giving thanks, and then lifting up your concerns to God.

NEXT STEP TOOLS

Try keeping a gratitude journal this week, thinking of things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy.