

## DIGGING DEEPER GUIDE

### BIG IDEA: BEING TRULY GRATEFUL IS ALL ABOUT CONTENTMENT

#### Getting Started

What are you most grateful for in your life this Thanksgiving?

#### Reflection/Discussion Questions

1. What is Paul's secret to contentment from Philippians chapter 4? What does he choose to focus on?
2. What effect does gratitude and contentment have on our outlook and attitude in life?
3. *"Contentment is realizing how much you already have, how much God has already given you, and how rich you already are."* What does this statement mean to you personally?
4. How and when is contentment a struggle for you?
5. Since God does not always change our circumstances, what can he change *in you* so that contentment is possible?
6. How could the equation to: Add your blessings, subtract your losses, multiply God's promises, and divide your burdens be helpful to you this Thanksgiving?
7. What are the prayer requests on your mind today?

**Prayer:** Lord, thank you for all that you given to us in these days. Even in hard times, help us to focus on how much we already have and how much you have already given to us. We truly are thankful and we praise you in these days. In the name of Christ, we pray, Amen.

**Going Deeper:** Take a few minutes to write down your responses to the equation that Pastor Rod suggested: Add your blessings, Subtract your losses, Multiply our promises, and Divide our burdens. What pattern do you see emerge?

### FOCUS SCRIPTURES:

*"I have learned how to be content with whatever I have. 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 4:11-13

*"Better a dry crust eaten in peace than a house filled with feasting—and conflict."* Proverbs 17:1

*"Better to be poor and honest than to be dishonest and rich."* Proverbs 28:6