



Choosing Contentment - Jeff Mickey

What does it look like to choose an attitude of contentment in our relationships?

Engage the Bible: Philippians 2:12-18, 4:12-13, 19 and John 6:35 - Read and discuss as a group then talk through the small group questions below.

Icebreaker:

How healthy or unhealthy are you with setting boundaries? Explain?

Small Group Questions:

- What one superpower would you choose, if you could have only one?
- What one superpower do you wish your spouse, child, parent, roommate or friend had?
- How good are you at choosing a positive attitude when things are hard?
- What does it look like to choose contentment in your relationships with your family/your people?
- Jeff shared 3 ways to practice choosing an attitude of contentment and develop our superpower:
 1. Focus on the good stuff (Phil. 4:8)
 2. Turn mindfulness into prayerfulness (Phil. 4:6)
 3. Practice playfulness (Phil. 2:18 be glad and rejoice with me)

Which of these do you do well? What does that look like? Which might be a growth area for you? What might be a next step?