



Rest For Your Soul || The Key To Contentment

Group Notes

INTRODUCTION

Even if you win the rat race, you are still a rat. If you ask anybody how much money they need to make, it usually does not matter their salary, net worth, or brand of watch. The answer will almost always be “more”. The problem with always wanting more is that it is impossible to be content and your soul be at rest. We can work more and more, or we can learn to want less. Paul says that, “godliness with contentment is “great gain” (1 Timothy 6:6).

CONVERSATION STARTERS

1. What do you “collect” because people keep gifting it to you? (i.e. cat figurines, spoons, etc.)
2. When you were a kid, what was the brand that was the coolest to you/you just had to have it?

SERMON NOTES REVIEW

Looking back at your message notes from this weekend’s teaching, was there anything that caught your attention, challenged you, or confused you?

GROUP DISCUSSION

1. What are some things you can do this week to slow down, experience contentment, and let happiness catch you?
2. What does the word contentment mean to you?
3. What are some ways our society encourages discontentment?
4. Read [1 Timothy 6:6-11](#). What are some ways the love of money leads to discontentment?
5. What examples do you have in your life when you have pursued the things in verse 11, and that has led to contentment?
6. Read [Philippians 4:10-13](#). Paul claims that he has learned to be content in every situation. With that contentment comes rest for our souls. Why do you think it is so hard for us to seek true contentment?

PRAYER

Go around your group and ask for prayer requests. As a group, spend time praying over those needs and ask the Holy Spirit to show you areas of your life that are causing discontentment and getting in the way of rest for your soul.

ANNOUNCEMENTS



Group Notes

- Next week will be our last scheduled group meeting for the semester. Spend some time getting a fun hangout or BBQ on the calendar to stay connected as a group over the summer!