



Satisfied

Part 1 – Content

Discussion Guide

This weekend we kicked off our series, *Satisfied*. Most people struggle when it comes to living a life of being satisfied and content with what we have. This week we take a look at Psalm 23 and how we have all we need. When we focus on God as our shepherd and how He satisfies us.

Jump Start

Leader: This section is designed to get discussions started, examine God's truth and apply it to our week.

1. What is one food you can eat and never be satisfied?
2. **Read [Psalm 23:1](#)**. How does David describe the Lord in this scripture? What burdens or needs does David have? Do you see God the same way David does? What area(s) do you need to let God be your shepherd?
3. **Read [Psalm 23:2-3](#)**. How is David surrendering or submitting to God as his shepherd in these verses? What does submitting to God's commands lead to? How are you surrendering to God's restoration in your life? What prevents you from being restored or satisfied by God?
4. **Read [Psalm 23:4](#)**. Why was David so confident to be able to make a bold claim? What could make someone so "comfortable" while going through such a dark season? How can we learn to live more like David, with such a sense of childlike faith he had with God?
5. Final Thought: **Read [Psalm 23:5-6](#)**. What does David say will always prevail? Do you believe this? Why or why not? What allows you to be comforted by the Lord and always put your trust in Him? What can you do this week to further trust God and allow Him to restore and satisfy you?

Deeper

Leader: This section is designed for further use in your Life Group or for personal study. These can also be used as discussion points and ways to stay connected with your group throughout the week.

6. **Read [Philippians 4:11-12](#).** Paul is imprisoned while writing Philippians. Why does Paul say he is content even though he is in this situation? What secret has Paul learned? How can we learn to be content when we have little but be humble when we have plenty?

7. **Read [John 4:13-14](#).** What does this scripture say will help us to be satisfied or content? What are things people try to fulfill their thirst instead of the living water? Why do we try to fill our thirst with earthly things rather than turning to Christ?

8. **Read [Matthew 6:25-34](#).** This passage tells us that we should not be anxious about anything and even providing examples of things we are anxious about. When we are anxious about these things, we are not leaning into God to provide for all of our needs leaving us content and satisfied with all we need as the birds of the air or lilies of the field mentioned in the passage. Using the space below write down some areas in your life (or share with your group) where you need to either not be anxious or areas you need to turn to God to fulfill you.