



Satisfied

Part 3 – The Secret of Contentment

Discussion Guide

As we approach this Thanksgiving holiday, we take a look at what it means to be grateful and contented. God wants us to have a grateful heart and mind. The word “thanks” is all throughout the Bible; it’s a big concept. “Thanks” is found in the Bible 150 times. We want to thank God over and over, again and again. This will help us learn the secret of contentment.

Jump Start

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

1. What are you most thankful for today?
2. **Read [Ephesians 5:20](#)**. When does God want us to give thanks? For what things does He want us to give thanks? Do you personally apply these two directions in giving thanks to God?
3. **Read [1 Thessalonians 5:18](#)**. Why should we give thanks? What are some things you can be thankful for, no matter what circumstances you are in or the problems you might have?
4. **Read [Psalm 103:2](#)**. Why should we praise God? When we are unsatisfied, there are things we can forget that God does for us and has done for us in the past. **Read [Psalm 103:3-5](#)**. What are some of the things He does for us that we can easily forget?
5. **Read [Philippians 4:6](#)**. What does this verse tell us to do when we are anxious? Is this your first reaction when you are feeling anxious, worried, or stressed? **Read [Philippians 4:7](#)**. When we pray with thanksgiving, even though we are anxious, worried or stressed, what will happen?

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. Here are a few passages that talk about being thankful. Read the following and jot down notes about what they teach us about being thankful and why we should be thankful.
 - a. [Psalm 107:1](#)
 - b. [Ephesians 5:20](#)
 - c. [Philippians 4:6](#)
 - d. [Psalm 100:4](#)
 - e. [Colossians 3:17](#)
 - f. [Romans 1:21](#)
 - g. [Romans 8:28](#)

7. After reading these scriptures, what do you see as the secret to being content?

8. What are some things for which are you struggling to be thankful, but that might be holding you back from being satisfied and sensing God's peace?