

SERMON APPLICATION GUIDE

ENOUGH: FINDING CONTENTMENT IN THE LAND OF MORE

Philippians 4:11–13, 19

DISCUSSION 1: DISCONTENTMENT

1. How do our affluent culture, the pace at which we live, and social media make discontentment an even stronger temptation for us today?
2. Chris mentioned the “paradox of progress” where people in affluent societies tend to express that their enjoyment of life goes down while finances, accomplishments, and respect goes up? What are reasons you think this happens?
3. In week one, Chris suggested discontentment is rooted in these four things:
 - Misplaced expectations. Disappointment from unfulfilled desires, ideas, dreams.
 - Pride- I deserve better than what I’ve been given. God should have done something different (unbelief).
 - Some day mentality. Something out there. FOMO. Grass is greener. Silver bullet mentality (I’ll be happy when, X)
 - Misplaced worship. Disordered doxology. Not necessarily less stuff but more of him.Which of these do you personally struggle with the most?

DISCUSSION 2: HOW TO BE CONTENT

1. In week two, Chris mentioned a few myths of discontentment.
 - I could be content if my circumstances were different.
 - I could be content if I had fewer trials or hardships.
 - I can be content if I just suppress desire and wants.
 - Contentment is about having less stuff.Which of these myths are you tempted to believe the most when it comes to misunderstanding what contentment is and how to pursue it?
2. Read Philippians 4:11. How do we “learn contentment?” What are some things we can intentionally do to grow in learning to be content?
3. Read Phil. 4:12-13, 19. How is Jesus (the one who satisfies every longing, sustains us in every circumstance, and supplies for all our needs) the “secret” to contentment? What does it look like to live into this practically on a regular day rather than merely believing it’s true?

DISCUSSION 3: DISCONTENTMENT AND BELIEF

1. Why does discontentment ultimately reveal a wrong view of God or say something about what we think about God practically?

2. If discontentment is theological (rooted in a wrong belief about God), why do we need to fight by reminding ourselves what is true of God? How does thinking rightly about God or remembering His promises or His character help us fight discontentment?
3. What are some of the promises and truths about God to remember, cling to, and pray in light of as we fight against discontentment and for contentment?

FOR FURTHER STUDY

- [Pennington Park Church Advent Guide](#)
- Recommended Book for the Series: [Chasing Contentment](#) by Erik Raymond. Read a short summary of a recommendation for it at penningtonpark.com/resources, "[Featured Book for the Advent Season](#)."
- "[Are You Discontent?](#)" by Erik Raymond at thegospelcoalition.org and "[Help! I Find Myself Perpetually Discontent](#)" at crossway.org
- "[Ingratitude Leading to Idolatry](#)" by Dustin Crowe at indycrowe.com
- "[Contentment Isn't Passive](#)" by Megan Hill at ftc.co
- "[Lay Aside the Weight of Discontentment](#)" by Jon Bloom at desiringgod.org
- "[Let's Talk: Battling Discontentment](#)" podcast at thegospelcoalition.org
- [The Rare Jewel of Christian Contentment](#) by Jeremiah Burroughs; [The Power of Christian Contentment](#) by Andrew Davis; [Is This It?](#) by Rachel Jones; [On the Road with Augustine](#) by James K. A. Smith.