



Part 4: The Gift of Contentment

October 4, 2026



CONVERSATION GUIDE



SMALL GROUPS

Throughout *Simplify*, we've discovered that making room for what truly matters also requires us to examine what occupies our hearts, our attention, and the pace of our lives. But even after reducing distractions, letting go of the pursuit of more, and learning to live without so much hurry, we can still believe that we'll be better off when something changes or when we finally get what we're missing. This week, we discovered a gift that allows us to enjoy what God has already given us: contentment.

In *Philippians 4*, Paul explains that being content did not depend on always having favorable circumstances. He had learned to live with both abundance and need because his strength came from Christ. His words do not mean that we can accomplish anything we desire, but that Christ strengthens us to remain faithful through changing circumstances. Contentment, then, is not about denying our needs or becoming stagnant; it is learning that our deepest security and satisfaction do not depend on how much we have, but on Who we have.

Not that I was ever in need, for I have learned how to be content with whatever I have. I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.

Philippians 4:11-13 (NLT)



LET'S TALK ABOUT IT

1. Paul says that he *learned* to be content regardless of his circumstances. How do you understand the difference between finding contentment in our circumstances and finding it in Christ?

2. Let's read **1 Timothy 6:7**. When you think about your own life, what things that seem essential today look different when you remember this truth?
3. What makes it harder for us to be content with what we have today: comparing ourselves to others, worrying about the future, constantly thinking about what we're missing, or something else? What does that reveal about where we look for satisfaction?

**Contentment doesn't come from having more,
but from having Christ.**



MAKE IT PRACTICAL

This week, let's learn to be content:

1. **Let go of what you cannot keep, so you can hold on to what you cannot lose.** Identify something temporary that is taking up too much space in your thoughts. This week, reduce the attention you give it and devote that space to your relationship with Jesus.
2. **Give thanks for what you already have instead of chasing after what you lack.** Each day, before thinking about something you wish you had or could change, write down three things you already have and are thankful for. Let gratitude shift the focus of your day.



PRAYER

"God, thank You that our lives do not depend on how much we have and that in Jesus we have something that nothing and no one can take away from us. Help us recognize when our hearts begin looking for satisfaction in things that cannot sustain us. Teach us to live with gratitude, trust You in every season, and practice contentment throughout this week. Amen."



TIPS

- **Learn, don't pretend. Paul said that he learned to be content.** You don't have to pretend you never wish things were different; you can acknowledge those desires and surrender them at the feet of Jesus.
- **Don't measure this week by what you lacked.** At the end of each day, pay attention to the good that was already there. Train your eyes to recognize what the pursuit of what's next can cause us to overlook.
- **Make contentment a practice.** Simplifying also means learning what deserves to occupy our hearts each day. Contentment isn't something we receive just once. It's something we practice every day.



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