

FOMO

Between Then and Now and What Will Be (11.18.18)

S Scripture
O Observation
A Application
P Prayer



Main Point: Peace and contentment are the result of gratitude and prayer.

- What's one idea from the message that stood out to you? Why do you think it grabbed you?
- How have your perspectives changed during different times of your life?
- Have you ever felt trapped in a situation? What was it like? What helped you feel free from it?
- Why is contentment hard?

Read: Philippians 4:4-13.

- What does contentment mean to you? Does contentment mean that you are happy with your situation? Does it mean that you are ok with your situation?
- What keeps you from praying in all situations of life?
- Have you noticed a difference in your attitude during times that you pray regularly compared to times when you are not praying? Do you think your attitude is connected to whether or not you're praying? Why or why not?
- Does your attitude change when you focus on good things as opposed to bad things? If so, how?
- In verse 8, is Paul saying to ignore the bad things in life and pretend they don't exist? How do we balance focusing on the good when there is bad all around?
- What does "peace beyond understanding" mean to you?
- Paul says he is able to be content due to God giving him the strength to be content. Do you believe that you can, too? Does your life reflect that belief?

Prayer: Pray for contentment.