



Week Three

Opening Prayer

God, thank you for meeting us here today. Please help us to hear from you today and to connect with one another in life-giving ways. Amen.

Talk It Over

In this series, “Know Joy”, we have looked at the idea that we can truly know and experience joy in all circumstances. We all understand joy can be easy to miss. It can be easy to confuse the external rewards that contribute to happiness from internal substance that translates to joy. In addition, many of us know how easy it is to forget that joy is a journey we move towards — it’s not a destination we magically arrive too.

- When did you experience happiness this week?
- When did you experience joy this week?

Let’s check out our theme verse one more time: Read Philippians 4:4

God invites each of us to find our joy in him; we are each invited to draw from his strength, peace, his love, and his joy in all circumstances. Along these same lines, Paul, the author of the book of Philippians, tells us we must know contentment to know joy.

- In your own words, how would you define contentment?
- Do you know someone who is good at experiencing contentment? Tell us what positive habits or traits you’ve observed about them.

Read Philippians 4:10-14 (Voice)

This week we looked at the idea that discontentment is often fueled by our appetites for more. Wanting more is not a problem alone, the problem is when we are driven by wanting more or dependent on needing more. But the good news is that contentment is available to everyone. Contentment is not a personality trait or a promise offered to some. Rather, it’s a learned skill available to everyone — regardless of the circumstances in their life.

- When do you struggle with discontentment the most?
- Tell us about a time you had to consciously chose contentment.

Read Philippians 4:15-19 (Voice)

The Bible tells us that generosity produces contentment and joy in us. Even science now shows us that generosity leads to more satisfied living. This isn’t about wishing and hoping our way to more generosity, but working towards becoming more generous. Like so many other things in life, we get better and grow in generosity by practicing.

- In your own words, how is generosity different than discontentment?

This week we looked a generosity ladder; this ladder is a tool to help us consider the ways we may grow in generosity. As we look through the list below, consider the following:

- What stands out to you the most?
- How have you grown in generosity?
- What do you feel your individual next right step might be?
- What goals you might want to move towards.

Generosity Ladder:

Become a rookie giver. This is when someone gives to the church for the first time. It's about moving from nothing to something. It's okay to be a rookie, but the aim is to not stay a rookie forever.

Become a recurring giver. This is when someone gives something on a consistent basis. This is someone who gives regularly — maybe monthly or every two weeks when they get paid. They picked an amount or a percentage and are engaged in giving.

Become a relational giver. This is when someone gives to God from a place of priority and surrender. Giving to God the first 10% of their income as worship. This is moving from something to tithing. Trusting 90% is better with God's blessing than having 100% without it.

Become a radical roots giver. This is when someone gives more than 10% to God's mission. This is moving from tithing to generosity. This is giving that stretches our faith and sacrifices wants. It's giving in a way that challenges us and changes us. It's giving that says "I'm going to forgo things I could get or have for myself — vacations, quality of home, new car, remodel, and so on, because I want to invest and give generously to God's Kingdom work. I want my giving to create a legacy and a movement of Kingdom of God change in this church and world."

Looking back at the questions above the generosity ladder, share any answers, ideas, or thoughts you'd like to share.

Closing Prayer

God, you know where we are in life and you know where you desire to lead us. Help us to grow in joy, contentment, and generosity. We want to live knowing true joy. Amen.

Bonus Challenge:

It takes approximately 15 minutes to read the entire book of Philippians. Your challenge this week is to read through the book of Philippians from start to finish and take note of how often it mentions joy.

How To Use this Discussion Guide

The guide is meant to serve you and your group as you intentionally create space to grow in friendship and faith. Use the guide as a tool to help your unique group connect in friendship and grow faith.

With that in mind, consider reviewing the guide before your group to see if some content or questions might resonate more or less with your group. Don't feel pressure to read all the content or to hit all the questions. The guide is not meant to be something you power through for the sake of completing. Pick the content from the guide you feel will help foster friendship and faith for your specific group.

Spend some time praying about your group, preparing your heart, and asking God for wisdom and guidance regarding your specific group.