

YOU CAN DO THIS

TALK IT OVER

You Can Be Content

You Can Do This, Part One

Pastor Andy Wood

September 14-15, 2024

If you would like to watch the weekend message, visit www.saddleback.com/watch.

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the provided questions, or simply dive deeper into just one. Before you close with prayer, take a few minutes to look over the Three Essential Questions toward the end of the document.

Scriptures Used

Psalms 23, Philippians 4:12-13

Questions:

1. We sometimes dream of a life with no problems. How could having all challenges removed from our lives make us weak? Alternatively, how do difficulties make us stronger?
2. Psalms 23 is a powerful scripture. Read it aloud as a group, *"The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul. He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."* How is God using this passage to tell you that you are not alone? Does this change how you view life's challenges?

3. It can be overwhelming and exhausting when we think we have to handle all our problems alone. There are many places in scripture where Jesus tells us that He is the Good Shepherd. What does a good shepherd do? How does knowing you have an all-powerful Good Shepherd watching over you make you feel?
4. To have peace and joy in all circumstances, we first need to pursue a relationship with the Good Shepherd. Deep relationships take time and effort. What are some practices we can use as we pursue a genuine relationship with God? What does it mean to be “His sheep” and what should good sheep do?
5. Why do we always want more than what we have? Psalm 23:1 says, “I shall not be in want.” What can we do to remember what God has already given us?
6. Is it possible to “have stuff” without “our stuff having us”? Why is it important to loosen our grip on “stuff”? How do we go about doing it? Where do we start?
7. Pastor Andy said, “Comparison is the thief of contentment.” What are some ways the enemy uses this to tempt us in today’s world? In Philippians 4:12-13 Paul tells us, “I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.” Can you relate to Paul’s statement? Share some helpful tips for achieving contentment with what God has given us.

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you’ve learned today?*

Small Group Action Steps

1. Consider taking the Group Health Assessment in your small group. This assessment will help you see how your small group is balancing the five purposes and will give you suggested next steps for each purpose. Click here to take the Group Health Assessment:

<https://saddleback.com/connect/smallgroups#spiritualCheckup>

2. Did you know that Saddleback produces many new small group studies each year? Visit <https://saddleback.com/studies> to check out Saddleback’s ever-growing library of small group curricula.

Are you interested in the Bible and in helping small groups benefit from the weekend message? Well, you are in luck! Saddleback members like you create these discussion guides each week. If you are interested in joining the team, please email Maturity@saddleback.com