



# UPGRADE U

## Week One | Contentment 101 | 04.10-11.2021

**Grow Deep Conversation Questions:** Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90-minute group gathering.

**Message Recap:** Contentment starts where you are, not where you wish you were. The problem is when we ask the good things in our lives to become ultimate when they were never designed to be that way.

### » Opening

(2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
  - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
  - Remind your group that this is a confidential meeting
  - **Remember, there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

### » Introduction

(12 minutes)

- Ice-Breaker: What is the most recent thing you've upgraded?
- Digging Deeper: What was the purpose of your most recent upgrade?

### » Observation | Read Philippians 1:12-30

(12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

### » Key Principle | Contentment starts with focus.

(12 minutes)

- How easily are you offended? What bothers you most often? How do you define better?

### » Focus on the Big Picture | Reference Philippians 1:12-18

(12 minutes)

- Paul chose to appreciate people that might otherwise seem like rivals, how can you shift your thinking about bitterness in your life?

### » Focus on Redefining Better | Reference Philippians 1:19-26

(12 minutes)

- Paul, writing from prison doesn't ask for people to pray for his release. What are the reasons you see in this passage that he found joy in less than ideal circumstances?

### » Focus on Walking Worthy | Reference Philippians 1:27-30

(12 minutes)

- Walking worthy means working from God's approval, not for it but what are the areas you misplace your calling or seek to get God's approval even though it's already been given?

### » Next Steps and Prayer |

(15 minutes)

- Spend some time reflecting on these questions: Is your life more focused on God's call or your comfort? His purpose or your pleasure?
- Close by praying for each other and for your neighbors, co-workers, and friends, that their lives are filled with contentment, and that they would find that contentment in Jesus.