



UPGRADE U

Week Four | Practical Presence | 05.01-02.2021

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's a job you were surprised you enjoyed?
- Digging Deeper: How can a shift in our mindset change the way we interact with our circumstances?

» Observation | Read Philippians 4:4-13 (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 | When our minds change our circumstances don't have to. (12 minutes)

- Paul is finishing his letter to the Philippians with some pretty specific instructions; between all of them he mentions, which is the one you want to start with?

» Peace Guards | Reference Philippians 4:4-7 (12 minutes)

- How has the theme of choosing joy rather than simply letting your circumstances define your attitude changed your perspective?

» Focus Guides | Reference Philippians 4:8-9 (12 minutes)

- As you consider what you focus on this week, what things fit in each category: receive, redeem or reject?

» Jesus Provides | Reference Philippians 4:10-13 (12 minutes)

- What difficult circumstances do you need God's strength to endure right now?
- Contentment is learned. Contentment is independent from but not ignorant of our circumstances. Contentment is fueled by a daily connection to Jesus. Which of these is the most difficult for you to know and believe?

» Next Steps and Prayer | (15 minutes)

- True joy can be contagious? How can you spread joy to some of your neighbors and co-workers this week?
- Close by praying for each other to be able to find contentment, joy, and strength in Jesus throughout the week.