



“It’s All In Your Head”  
... *Contentment in My Inner World*  
*Romans 12:1-2/Philippians 4:6-8*  
Session Two

Two Spiritual \_\_\_\_\_ that Renew \_\_\_\_\_ and Transform \_\_\_\_\_  
\_\_\_\_\_ : Transfers \_\_\_\_\_ where it belongs

\_\_\_\_\_ : Transfers my \_\_\_\_\_ where it belongs

True Contentment is not an \_\_\_\_\_ but a \_\_\_\_\_  
to pay attention to \_\_\_\_\_ and to trust Him to be in \_\_\_\_\_.

## Discussion Questions:

Icebreaker: Name something you find calming.

Review your scripture memory. (Philippians 4:11-13)

From Calm My Anxious Heart:

- Review Ella Specs' 5 part "Prescription for Contentment" (see CMAH pg. 11-12). Did any of her statements surprise or challenge you?
- What would it mean for **you** to let God be "the Blessed Controller" of all **your** things?
- Philippians 4:9 tells us to "practice these things." What things are we to practice? (see CMAH pg. 30) Give a "practical" example from your life this week.
- Mercies Journal: What did you learn about God this week? What did you learn about yourself?

From the Large Group Time:

- Is it possible to "pray" without turning things over to God? What is the difference between prayer that transfers responsibility to God and prayer doesn't?
- What is something you focus on that makes you anxious or discontent?
- How could you exchange those thoughts for the kind described in Philippians 4:8? Be specific.

## For next week:

Read Calm My Anxious Heart, chapter 3: "Content to be Me."

Do the associated homework assignment at the back of the book.

Continue memorizing...

**Philippians 4:11b-13** New International Version (NIV)

***11** ... I have learned to be content whatever the circumstances. **12** 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. **13** I can do all this through him who gives me strength.*