

Wrap Up Discussion Questions:

Recite our scripture memory with your group. Celebrate with those who can recite one or both of our passages!!!

Philippians 4:6-8 (NIV)

6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. **7** And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **8** Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:11b-13 (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 everything through him who gives me strength.

From Calm My Anxious Heart:

- “If Only” and “Why” are topics that reflect our regrets about the past, whether related to guilt or grief. What did you discover from your reading in those two chapters that was helpful to you?

Recap of the Study:

- Which of the contentment topics we discussed in this study was particularly relevant to you?
 - Worry
 - Money
 - Relationships
 - Forgiveness
 - Self Image
 - Stage of Life
 - Life purpose
 - Fear
 - Guilt
 - Grief
- What did you learn about that topic that is helping you embrace contentment?
- What practical steps are you taking to master your thoughts and emotions? Are there any you plan to begin trying?
- What have you learned about yourself or about God through this study? What difference do you think this discovery will make in your life?