



## Plant • Grow • Harvest | Home Group Guide

“The Joy in Contentment” | The Happiness Habit Week 6, Philippians 4:10-19– Lo Alaman

### Plant

- Take a moment to check in with everyone in the group. Ask for highs and lows for everyone’s week.
- Read Phil. 4:10-13
- Describe a time when you had plenty or when you were in want. **What gave you joy in those seasons?**
- Make a list of 3 needs vs. 3 wants (make it personal). **How do distinguish between the two?**
- **What are some of the ways that our culture encourages us towards ‘more’ instead of ‘enough’?**

### Grow

- Lo defined contentment as believing that we are enough, and that we have enough, because God is enough. **Which of these do you struggle to believe most:**
  - I am enough (made in the image of God, with purpose, a bow in His hand)
  - I have enough (my needs are met, I am more thankful than I am wanting, I consider myself blessed)
  - God is enough (joy is found in Him, happiest in His presence, satisfied in the Spirit)
- Read Philippians 4:14-16
- It’s good for us to share in God’s generosity. **When was the last time that God gave you an opportunity to be generous? Was it challenging? Did it bring you joy?**
- Read Philippians 4:17, 2 Cor. 9:10-11
- Paul says that we will be enriched in every way, **for what purpose? How does the paradigm shift of stewardship over possession challenge you?**

### Harvest

- Read Phil. 4:18
- The Happiness Habit challenge for this week is to invite someone to help you with a need. **How does sharing our needs with others bring glory to God? How can you invite someone to help you this week?**
- As this series has come to a close, how will continue to make happiness a habit (what was your biggest take away from the series)?

## **Prayers**

Share prayer requests and follow up on some of the requests from previous weeks.