

Sermon Study Guide

11.22.2009 – Satisfaction



Satisfaction: Week #1

Week of November 22, 2009

Discussion

1. What is one thing you'd like for Christmas that would give more satisfaction to your life?

- In this fast paced culture, most people are looking for some sort of meaning and satisfaction in life, but true satisfaction tends to be elusive, like chasing the wind. We can't get enough: rest, success, contentment, comfort, peace of mind attention, material things, leisure, etc...

2. Read Philippians 4:10-13:

¹⁰I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. ¹¹I am not saying this because I am in need, for **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.**

- Every Christian needs to learn to be content. When Paul urged his readers to rejoice in the Lord always (v. 4) he was preaching what he practiced (vv. 5-8). The apostle's contentment and joy even in prison indicate his spiritual maturity. Paul could be equally content with little or with much materially because he was rich spiritually. His contentment did not come through will power or the power of positive thinking. It was Jesus Christ who enabled him to be content.
 - The secret of Paul's independence was his dependence upon Another. His self-sufficiency in reality came from being in vital union with One who is all-sufficient. Earlier in this letter Paul explained that the most important thing in life was to center on Christ (2:7-11). Contentment is a fruit of doing so.
- 3. If contentment is the fruit of centering on Jesus Christ, how do you do that when you lose your job or you are dissatisfied at work, lose your health, lose a family member or friend, see a relative choose not to follow Jesus, have marital tensions, your children suffer and struggle in school, you have too many demands upon your time?**

4. Read Matthew 11:28-30.

²⁸"Come to me, all you who are weary and burdened, and **I will give you rest.** ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and **you will find rest for your souls.** ³⁰For my yoke is easy and my burden is light."

- This invitation recalls Jeremiah 31:25 where Yahweh offered His people rest in the New Covenant. The weary are those who have struggled long and toiled hard. The heavy-laden are those who stagger under excessive burdens. Jesus invites those **to come to Him.**

6. Rest is connected with contentment. Jesus tells us to come to Him and He will give us rest. **Have you seen this true in your past? Where do you need this rest today?**

7. **Read Psalm 63:1-5. Have someone read this passage of Scripture.** According to this Psalm, what are the **ingredients** for having a satisfied soul? Why can this sometimes be difficult to live out?

8. **Have a member read Jeremiah 9:23-24.** To boast means to have confidence in. What is God's desire for us?

- Paul quoted John Piper in his message stating "God is most glorified in us when we are most satisfied in Him." God desires that we experience His fullness of life each day.
- Stanley writes "God wants you **to know Him**; to enjoy Him; to live continually in the light of His favor; wisdom, and truth. He desires a genuine relationship with you through **daily** worship, praise, and prayer.
- **What an awesome, powerful, and personal God we worship and serve! He is the reason for a thankful and satisfied heart, even in the midst of difficult life circumstances.**

9. Thanksgiving is this week! Let's spend five minutes of **quietness** to reflect upon God and your relationship with Him. Feel free to write down some **things about God** for which you are thankful. Then write out a list of personal dissatisfactions that need to be confessed and given to Him.

10. Spend time praying, praising, and worshiping together. Ask God to help each other find satisfaction in God alone each day of our lives.