



Pastor Jonny – October 26th, 2025

If you would like to watch the weekend message, visit www.frontrange.org/messages

Open your group in prayer and remember that this is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one. If you only have a few minutes, you can just use the 3 Essential Questions.

Scriptures:

- **Philippians 4: 11-13, 2 Corinthians 4: 16-18, Psalm 23**

Three Essential Questions

The following questions are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. **What did you hear?** *What point in this message was most impactful for you?*
2. **What do you think?** *How did this message challenge, change, or affirm your thinking?*
3. **What will you do?** *How will you or your group put into practice what you've learned today?*

Message Points/Extra Questions

1. Read Philippians 4:11-13. What stands out to you about Paul's perspective on contentment?
2. Define contentment in your own words. How does Paul's definition differ from common cultural perceptions?
3. Reflect on the phrase "I can do all this through him who gives me strength." How does this verse change when understood in the context of contentment?
4. How does your relationship with Christ influence your sense of contentment?
5. How can expressing gratitude change our perspective?
6. How does focusing on eternal truths help us face life's challenges?
7. Do you agree that slowing down is essential for finding peace and contentment?
8. As a group, create a gratitude list. Each member can contribute things they are thankful for. Reflect on how this exercise shifts your focus.