

# MAKE THE CHOICE TO REJOICE!

PHIL 4:4

“Enough Is Enough”  
Philippians 4:10-20  
Sunday, March 3, 2019

**1. Sunday Summary:** This morning we heard our last sermon in our series on the book of Philippians that we called *Make the Choice to Rejoice*. Today we examined the topic of contentment, and how we can live contented lives with whatever we've been given. And the key to living that way is remembering it's a secret, but one that can be learned (cf. Phil. 4:12). We then talked about two ways people live in order to try to find contentment that don't work, and one that Paul gives us that does: 1) Acquiring the things that arouse our desire 2) Denying our desires 3) Directing our desires toward Christ, because as Augustine once wrote, "Our hearts are restless until they find their rest in Thee (God)." But even knowing this our eyes and hearts still wander, so it's important that we wrestle with the concept of what's enough for us. What is enough of money, of comfort, of passion, of purpose and more. But finally, we will only live lives of contentment because it's God's will for us (cf. 1 Thessalonians 5:16-18) to live that way. And what is his will is what he will make possible for us.

**2. Connecting Questions:** (Interactive, life sharing, thought & feeling type stuff)

- Think about your life. Do you feel content? Are there any areas of your life where you feel discontent? Why do you think that is?
- What do you think you desire the most right now? What have you tried to satisfy that desire? Has it worked?
- Talk together about what's "enough" to live a contented life. Do you think you live in abundance?
- What's your favourite "go-to" method for dealing with discontent? Do you think giving thanks for what you have will work? What about knowing that our hearts will always be restless until they find their rest in God?
- What insights from today's message were most helpful for you?

**3. Truth Questions:** (What does the Bible say?)

- Think together about some other passages that deal with the topic of contentment. Can you think of any? What might they add to the conversation?
- Read Exodus 20: 17. Many people have pointed out the connection between this commandment and living with contentment. Is it safe to say that when you're discontent, you're breaking the tenth commandment? Why or why not? Discuss. Some theologians have suggested that by keeping this commandment we will never break any of the others. How might covetousness (discontent) lead to breaking the other commandments?

**4. Formation Questions:** (Taking it further, How does the Truth change the way I live?)

- What concrete steps can you make to sink the gospel truth that we dealt with today deeper into your life throughout this week? What will you do about the message you heard today?
- What will you do to remind yourself to be content this week?
- How will you “Make the Choice to Rejoice,” this week? What will you do? Make a list of things you will think, say, and do that will help you to choose the joy that Jesus gives this week.

**5. Resources for Further Study:**

1. Mason, Mike. *Champagne for the Soul: Rediscovering God’s Gift of Joy*. (Regent College Publishing, Vancouver, BC. 2003).
2. Keller, Timothy J. *The Prodigal God: Recovering the Heart of the Christian Faith*. (Riverhead Books, New York, NY. 2008).

