

## CG - Guide: What's the plan? What's Now

Discuss: Think about your typical day. What tends to pull your attention away from being present in the moment?

Study Questions:

1. Read Philippians 4:11-13. Paul says he "learned the secret" to be content. What does this suggest about contentment, and how does verse 13 connect to his ability to be content? What's the difference between contentment and complacency?
2. How has verse 13 been misunderstood in the past?
3. Look at Jeremiah 18:1-6. How does the image of the potter and clay relate to finding contentment in seasons of preparation or change? How do we submit to or resist God's shaping of us?

Application Questions:

4. From the list in the teaching (Prayer life, Humility, Healing, etc.), which area do you sense God is currently shaping in your life? What makes you think this?
5. What's one practical step you can take this week to be more present and content in your current season using the "Seek, Sit, Submit" framework? Seek - First, the kingdom of God in your life; sit - In the stillness of his presence; submit - To His will for your life.

Closing:

Spend time in prayer and care for each other.