

3. Learn contentment in every life situation.

Table Talk

- 1) What sorts of things occupy your mind? How does your preoccupation with these things affect your relationships? How does it affect your joy in the Lord? How does it affect your peace or your relationship with the God of peace?
- 2) What would contentment look like in various areas of your life? Relationship with God, finances, relationships, work, etc.
- 3) When you feel anxious or depressed what do you do to feel better? What would it look like for you to use prayer and your mind to fight for joy or peace like Paul is describing?
- 4) What about Jesus, His person or work, is most joyful to you? Where have you seen God at work in your life for which you are thankful?
- 5) What are the concerns you need prayer for right now? What are the things which occupy your mind which you need to give up? What would replace them?