



Pressure Points Week 5

Main Objective: Is to help people understand that contentment isn't found in consuming but in connecting.

Warm-up Activity

Leader reads out the list of items one at a time.

Group votes NEED or WANT (have each member write their answers on a card and compare).

Sample items:

1. Coffee every morning
2. Wi-Fi
3. A reliable car
4. Streaming services
5. New phone every 2 years
6. Vacations
7. Eating out
8. Emergency savings
9. Name-brand clothes

Warm up Questions:

- What surprised you about how we answered?"
- Why do you think some of these felt like needs?"
- If money suddenly solved all your financial stress, what problem would still remain?
- What does that tell us about what money *can't* provide?

Read: Philippians 4:11-13

- Paul says, "*I have learned to be content.*"
What kind of experience have you had that has helped you become content?

Read: 1 Timothy 6:6-8

- Paul says contentment can exist with *food and clothing*.
What makes it difficult for us to draw a clear line between needs and wants today?



- Paul says, *“Godliness with contentment is great gain.”*
How does this definition of “gain” differ from how our culture usually defines it?
- Where do you need God’s help to release anxiety or desire for “more” and rest in His provision?