SERMON DISCUSSION QUESTIONS

November 8, 2026

Pathway to Contentment
"Focus on What Is Good"
Philippians 4:8-9
Rev. Neal Avirett



PHILLIPIANS 4:8-9 NLT

> ***8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.***

POUR YOURSELF INTO JESUS

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. - v.8

TURN OVER IN YOUR MIND ALL ENCOUNTERS OF JESUS

Think about things that are excellent and worthy of praise. - v.8

THERE'S MUSCLE MEMORY TO YOUR SOUL

Keep putting into practice all you learned and received from me…v.9

WHATEVER IT TAKES TO KNOW THE GOD OF PEACE

...everything you heard from me and saw me doing. Then the god of peace will be with you. - v.9

SUGGESTED RESOURCES: (Books marked with * are available to be checked-out in the Asbury Discipleship Resource Center)

- *Anxious for Nothing: Finding Calm in a Chaotic World,* Max Lucado
- *Trusting God: Even When Life Hurts,* Jerry Bridges
- *Habits of Grace: Enjoying Jesus through the Spiritual Disciplines,* David Mathis
- *Praying the Bible,* Donald S. Whitney

True contentment and lasting peace come from intentionally focusing our thoughts on what is good, filling our hearts and minds with Jesus, and consistently practicing what we learn from Him. Spiritual maturity develops as we move beyond simply knowing God's Word to living it out daily.

Icebreaker Questions

1. Have you ever noticed how your mood or attitude changes depending on what you choose to focus on? Share an example of something simple that helps you shift your perspective when you're having a difficult day.
2. Think about a skill or habit you have developed through repetition, such as playing an instrument, exercising, cooking, or driving. How did consistent practice eventually make that activity feel natural?

Sermon Discussion Questions

1. In a world filled with negativity, distractions, and uncertainty, what competes most for your attention? What practical steps can you take to intentionally fill your mind with Jesus rather than the worries of this world?
2. Which encounter between Jesus and another person has made a lasting impression on you? How might regularly reflecting on that encounter change the way you respond to people or circumstances in your own life?
3. What spiritual disciplines or habits have helped you grow closer to Christ? Is there an area of your spiritual life where you know what Scripture teaches but struggle to consistently put it into practice?
4. Why do you think it is sometimes easier to study God's Word than to live it out? How can our Christian community, including small groups and accountability relationships, help us develop spiritual habits that reflect Christ?
5. What is the difference between seeking peaceful circumstances and seeking a deeper relationship with the God of peace? How can intentionally focusing on what is good help us experience contentment even when our circumstances remain difficult?
6. What impacted you most from the sermon?
7. How might this group pray for you this week?