



INTRODUCTION

Pastor Chips starts our five-week series titled *Give God Room*. During this series, we will learn how God desires to fill every area of our lives. We just need to allow Him room to fill us up. This week we begin with "To Satisfy." Giving God room to satisfy us means we pursue contentment in who God is and what He has done for us. We can experience contentment if we change what we chase.

DISCUSSION

Three traps keep us dissatisfied and discontent:

1. **COMPARISON** Our satisfaction is spoiled because we look at others and see what we don't have.
 - a. In what areas of your life have you found yourself getting caught in the comparison trap?
 - b. Are you still in the trap or have you escaped? Explain.
2. **SUCCESS** We all define success differently, but the main driving force of discontent is a desire for more. Chasing success can be an endless treadmill. The lie is, "When I have _____ or achieve _____, then I'll be satisfied."
 - a. How do you define success? Where did you get your definition?
 - b. In what ways is your desire for more healthy or unhealthy?
3. **EXPECTATIONS** We aren't where we thought we would be. It's the "shoulds" and "oughts" of our lives.
 - a. What were your expectations for your life growing up? Where did they come from?
 - b. How have your expectations changed as you have gotten older?
 - c. Do you have some "shoulds" or "oughts" that live in your mind?
4. **Read Ecclesiastes 2:10-11.** Giving God room to satisfy us means we pursue contentment in who God is and what He has done for us. We have to change what we chase. Share a time in your life where you were chasing after something and God changed your direction. How did God accomplish this?
5. **Read Philippians 4:10-13.** Paul tells us the secret to being satisfied in all circumstances is to trust God's character and promises. Do you regularly do that? Share a time when you gave God room to help you learn to trust His character and promises. What lesson(s) did He teach you?

DO SOMETHING

1. **Choose joy.** What we magnify we glorify. Choose to magnify God and His promises rather than your circumstances. Find something this week for which you can magnify and thank God. Share that joy with your group and/or someone in your Little Iowa.
2. **Pray.** Prayer can bring peace and guard your heart and mind from fear. Pray for those in your Little Iowa to be satisfied only in God.
3. **Rest and refocus.** Practice Sabbath by stopping, resting, delighting and contemplating. Doing this will allow you to see the good, noble, pure and excellent in our world and in God. It will give God room to satisfy you.

RESOURCES

1. *Emotionally Healthy Spirituality* by Pete Scazzaro, specifically Chapters 6 & 8
2. *Prayer* by Timothy Keller
3. Read Ecclesiastes, Philippians, 1 Timothy 6:6 and Psalm 23:1.