



HEART OF GOLD

Week 2

BREAKING THE ICE

Did you experience generosity from someone this last week? What was that experience like?

What is one thing you learned about how generosity plays a role in your time, attention, presence, power, invitation and resources?

Would you say you are more content or do you tend to struggle with comparison?

MAIN CONTENT

This week Pastor Kevin talked about moving from comparison to contentment in our second week of Heart of Gold.

It's easy for us to compare ourselves to others. With social media and what the world deems "cool" we can lose focus on being content and jump on the never-ending treadmill of comparison. There are two lies with the treadmill of comparison.

The first lie is when you finally get the thing you have been desiring you will be happy.

1. Talk about a time when you finally got something you had been wanting and how it made you feel. Did your feelings last or fade over time?

The second lie on the treadmill of comparison is you are not enough. We will never measure up when we live on the treadmill of comparison. God never intended for us to compare to others. He talks about coveting (comparing) and how harmful it is for us. (Exodus 20:17). Pastor Kevin said, we can't be generous and covet at the same time.

2. Talk about a time when comparing or coveting took up too much time in your life. How did it make you feel? How did you get out of the cycle?

Read Matthew 6:21-24

Pastor Kevin mentioned the Jewish idiom of having a good eye from Matthew 6:22. A good eye means you are generous and see others. A bad eye would mean you were blind to those around you. Generous people are light in a dark room, selfish people can live in a black hole and pull others down.

We must learn to be content. Contentment is a gift from God that helps us be fully satisfied.

3. Who is the most content person you know?

Read Philippians 4:11-13

Christ gives us the strength to be content in all circumstances. There are 4 practices to help us move from comparison to contentment. The first one is to fill up first. When we put Christ first in our lives we become satisfied in Him. Contentment is the overflow of the relationship between you and God.

4. How do you fill up first with God?

It's not always about what you do it's about setting priority time with Him. The second practice to move from comparison to contentment is to run your race. (Proverbs 4:25) Comparison is the thief of joy. We need to learn how to run our own race and celebrate others in their race. Pastor Kevin read a quote from Shawn Johnson, "I can celebrate their calling but I will walk in mine."

5. Where do you need to stop comparing to someone else's calling and celebrate yours?

6. What do you believe God has called you to do?

The third practice to move from comparison to contentment is to make time to fast. Fasting is willfully and voluntarily giving up something you love for something you love more. Fasting breaks the yoke of comparison.

The last practice to move from comparison to contentment is to tell your money where to go. Your heart follows where we spend our money.

7. What is one cause or organization where you like to give your money? Why do you like to give money there?

CLOSING PRAYER

God thank you for the reminder that we are fearfully and wonderfully made by you. We are each unique with our own calling. Will you help us get off the treadmill of comparison and live fully in who have you created us to be? Surround us with people who can help us walk in our calling. Amen.

ACTION STEP

+ Which practice can you work on this week: Fill up first, Run your race, Make time to fast, tell your money where to go? Come back next week and tell your group how these practices affected your life.

+ Go shopping for food this week with your group and bring those donations in for the final collection day on Sunday at your campus! Also, consider gathering money as a group to donate to the Sudanese refugees in Egypt and make your donations by the end of November. \$35 can feed a Sudanese family for an entire month. Find out more about both opportunities: crosspoint.tv/heartofgold.