

Meeting Guide - Gratitude, Peace and Contentment

A Sample Timeline and Discussion Guide

Session Objectives

That each woman will understand how to let go of her anxieties, have a heart of thankfulness and experience the contentment that comes from trusting God and knowing He is at work bringing about good in her life whether it seems so or not.

That each will focus on the importance of being content and not quarrelsome in her marriage.

That community will continue to grow among the women.

7:00 ARRIVAL AND PRAYER

7:20 SCRIPTURE MEMORY REVIEW

7:35 BOOK DISCUSSION

Ask the women to share what they received from the book, feel free to read any particular statements the author writes that you feel are important.

"Who wants to share the main points you took away from the book?"

"In what ways did God encourage or challenge you through this book?"

"Are there any new truths you need to apply to your life?"

"Are there changes you'll make in life that were prompted by this book?"

8:20 BREAK

8:35 DISCUSS: PEER CHALLENGE

"What are some areas where you struggle with being content?"

"How can you "learn" to be content in whatever circumstances you're in?"

"What causes you to be anxious and how can you move toward experiencing God's peace in this area?"

"What are some practical steps you can take to cast your cares upon God so you can experience His peace?"

This would also be a good time for you to share personally how God has guided you and grown you through difficult or anxious situations in your life. Even giving you thankfulness for going through them. Also, how you're learning to be content in all circumstances.

9:05 DISCUSS: MARRIAGE FOCUS

"How did finding daily ways to show gratitude towards your husband go?"

"Were you able to come up with something about your husband each day to be thankful for?"

"How did it effect your relationship this past month?"

"Are you finding Date Nights beneficial to your marriage?"

"How did your date night go?"

"What did you learn in your discussion together?"

9:30 HANDOUTS FOR NEXT TIME

Pass out homework for the next month: homework assignment, scripture memory, marriage exercise, peer challenge partner, book

9:40 PRAYER

10:00 DISMISS