



FOUR THINGS YOU CAN'T LIVE WITHOUT

Week Two – Satisfaction

GOALS

- To renew our spiritual awareness of the all-satisfying nature of God, with the help of the Holy Spirit and his word.
- To recognise the places in our lives where we are not seeing the all-satisfying nature of God.
- To pray for and encourage one another to find our hope, joy and happiness in God primarily, with the help of the Spirit.
- To build friendships as we do all this. Every time we're together we trust God to deepen our love for and understanding of each other just a little bit more.

TIPS

- Encourage your group to bring their bibles, and to read Psalm 16 in advance if they can.

- Bring energy and honest self-reflection to the discussion; people discuss what the facilitator seems passionate to discuss.
- Remember to NOT answer the questions for the group. The group WILL speak if you let them, and if you ask questions confidently believing it is a conversation worth having - which it is!

HEADLINES

This week we're looking at one thing we can't live without: satisfaction. We noted on Sunday that we all seek it, in fact we all need it, but few find it where it ought to be found; in God. We note some staunchly believe it is still out there. These people tend to be the young, the driven, and at times the despairing. Others have given up on finding satisfaction altogether; these are usually the altruists, the cynics and the detached. You may want to consider - even before you start the discussion on the search for satisfaction - where you would say you find yourself amongst those 7 descriptors.

DISCUSSION

1. Which time/s in your recent years have you felt the greatest sense of personal satisfaction?
2. Tell the person next to you the situation/s in your life in which you expected to feel great satisfaction and happiness, but instead felt little to none. What were these circumstances and why do you think that happened?

Read Psalm 16 together:

3. What does verse 2 reveal about what the psalmist has come to realise about God? What influence does this have on our pursuit of satisfaction?
4. In which areas of your life do you find it the hardest to connect with this idea of satisfaction in God (work, relationships, parenting, pleasure and so on)?

5. The writer has clearly discovered something of what it means to find satisfaction in God. What can we learn from his insights for our own lives?
6. What part would you say gratitude plays in deepening our satisfaction?

Read this excerpt detailing **Malcolm Muggeridge** reflecting on his life – he came to faith through his experience of Mother Teresa:

'I have been a successful man. People sometimes stare at me on the streets – that's fame. The tax man comes after my money more than others – that's success. Even as an older man, I can afford the trendiest diversions – that's pleasure. I have written things that people say has changed their lives – that's fulfilment. Yet I beg you to believe me. Multiply these tiny triumphs by a million and they are nothing measured against one draught of the living water that Christ is.'

7. Any comments?
8. This psalm is a celebration of God's goodness, out of which flows satisfaction. What aspects of God's character and interactions with us promote contentment in us? What is it about God should we allow to shape our thought life?

PRAYER

Pray for each other, starting first with a round of prayers of gratitude. Follow that up with affirmation of God working in both the easy and the challenging parts of one another's lives, turning our primary satisfaction towards God!