

## This Is Our God: Week 4

### Main Idea

God is good, so we don't have to look elsewhere to find satisfaction.

### Starter

What are you most grateful for about your relationship with God right now?

### Discuss

If you could go back and talk to yourself 5 years ago, what is a truth you would want the younger you to know?

### Scripture

Take turns reading [Ecclesiastes 1-2](#). Then, discuss.

- Make a list of the things Solomon says are meaningless in these chapters.
- What is most convicting or challenging to you about this list?
- What's the difference between appreciating a gift from God versus seeing that gift as a source of meaning/fulfillment?
- How would you fill in the following blank? I looked to \_\_\_\_\_ to find meaning and satisfaction, and I found it meaningless.

### Apply

Before you close your group, have a few people volunteer to read [Philippians 4:6-13](#) out loud slowly. Then, give everyone a quiet moment to pause and pray about the following questions:

- What is a truth about God you need to embrace more fully?
- What is an idol (something you look to instead of God to find peace) that you need to turn away from?

Break into groups of 2-3. Share your reflections. Pray for each other to find peace and contentment in your relationship with Jesus.