

Rachel: Discontentment  
Genesis 30

- In our visual and technology-filled culture, it is hard to avoid comparing what we have to what we see online, Facebook, Pinterest, TV, etc.
  - How do the above impact your ability to be content?
  - Do you have an example in your life of how comparing made you discontent?
- Expectations can also cause discontentment because life usually doesn't happen the way we want or expect.
  - Would you share how your expectations (of your husband, children, marriage, socio-economic level, and career) did not match your real life and the discontentment that resulted?
  - Would you share a time when you changed your expectations and you were able to be more content?
- Ungratefulness toward God also leads to discontentment. It causes us to covet – want what others have, sometimes to the point that it is impossible to be in relationship with that person.
  - Has it ever been hard to be around a person because they had something you desperately wanted (house, car, clothes, “perfect” family, children, travel)?
  - Describe what it might feel like to live life and never be satisfied. Does that feel like your life?
- Paul said that he learned how to be content in times of little and times of plenty. The key word is “learned.”
  - How do you learn to stop comparing? What are some practical things you can do to avoid comparing?
  - How do you develop a perspective of gratitude? What are some practical things you can do to see life from a grateful heart, no matter the circumstances?