



## QUESTIONS YOU CAN'T SHAKE

### Why Am I So Dissatisfied? // Jeff Brodie // April 12, 2026

You can get satisfaction, but you can't seem to keep it. No matter how much you achieve, earn, or experience, something still feels just out of reach. What if that feeling isn't a failure—but a clue? This week, in the first part of *Questions You Can't Shake*, we explore a powerful encounter with Jesus that reveals why nothing in this world fully satisfies, and what your soul has actually been searching for all along.

**Scripture:** [John 4:4-42 NLT](#) // [Philippians 4:11-13 NLT](#)

**Bottom Line:** You don't need more; you need to be known.

#### Digging In:

*Reminder: The goal is a good discussion, not completing every question. Use these as a tool to help.*

1. When you think about the word "satisfaction," what comes to mind right now in your life?
2. What's something you were really excited to acquire or achieve, but the feeling didn't last as long as you expected? What did you learn from that experience?
3. Harvard professor Arthur Brooks said, "The problem isn't that we can't get satisfaction, it's that we can't keep it." Where have you seen this reality play out in your own life?
4. Read John 4:4-42 out loud together. What stands out to you from this account of Jesus and the Samaritan woman? Highlights? Questions? Principles? Other?
5. Jeff said, "Before Jesus shows the woman what she needs, he shows her where she's been looking." Where do you see this pattern in your own life or in people around you?
6. What do you think about the idea that being fully known by God is what truly satisfies our deepest longings? Agree/disagree? If you're being honest, how do you feel about God knowing you in this way? Is it comforting, uncomfortable, or both? Why?
7. Jeff suggested that dissatisfaction is actually a clue pointing to something deeper. How does this challenge the way you normally think about dissatisfaction?
8. Our culture often tells us, "If you just get more, you'll be happy." Where do you see this message coming through most strongly? Do you think it's working for people? How so?
9. Read Philippians 4:11-13. What's one area of your life right now where you might be trying to find satisfaction apart from God? What would it look like to be truly content in every situation?

10. If you're already a follower of Jesus, what's one practical way you could pursue being more aware of God's presence in your daily life? If you're exploring faith, what would be one small step toward opening up your life to God this week?

**Looking Forward:**

This week, set aside 10-15 minutes each day to read one chapter from a Gospel (Matthew, Mark, Luke, or John) and ask this simple question: *Jesus, where am I looking for something that only you can give?* Write down anything that stands out to you, and be honest with God about it.

And then offer up this prayer: *God, show me where I've been looking for satisfaction in the wrong places. I give you the areas of my life where I keep chasing after more. Teach me to find a "rich and satisfying life" (John 10:10) in you alone.*