



# THE CONTENTMENT PROJECT

## TRANSPORTATION



According to an article in The Atlantic, "Access to just about everything associated with upward mobility and economic progress—jobs, quality food, and goods (at reasonable prices), healthcare, and schooling—relies on the ability to get around in an efficient way, and for an affordable price." When a person's access to physical transportation is impaired, it makes the process of doing simple things, such as getting to work on time, much more difficult, if not impossible.

This week we will be limiting our access to transportation in order to see what impact it has on our level of Contentment.

## 2 CORINTHIANS 1:3-4 (NIV)

"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."

\*\*\*\*\*

Access to transportation affords us incredible freedom and opportunity, yet we tend to take it for granted. As we feel the pinch of limited mobility this week, let's look for ways to grow in gratitude for what we have, compassion for those with less, and our awareness of the presence and love of God.

# ...IN PLENTY OR IN WANT

## SOMETHING TO PONDER...

Watch the "Rochester Street Films" documentary as a group from 12:40- 21:44 and discuss the questions below.

[Rochester Street Films documentary](#)

Additional reading for the week:

[Transportation emerges as crucial to escaping poverty](#)

[How America's failing public transportation increases inequality](#)

[Transportation: the overlooked poverty problem](#)



"Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for."  
~ Zig Ziglar ~

## -DISCUSS-

- What parts of the bus documentary impacted you the most? Why?
- As we prepare to limit our use of transportation, how do you think your experience will be similar to or different from the people in the film?
- In what ways does access to transportation effect one's opportunities in life?
- In what ways do we take transportation for granted?

"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." Philippians 4:12

# CHALLENGES



## LIMITATIONS (PICK 1 OR MORE)

- Become a one car household instead of 2 or 3
- Use public transportation to accomplish all or some tasks (i.e. buying groceries)
- Limit yourself to walking or riding a bike
- Ask for rides or carpool

## GENEROSITY (Pick 1 or more)

- Buy bus passes for someone you know that depends on them
- Buy a gas card and deliver to Broomfield FISH or your local food bank
- Volunteer to accompany residents of Broomfield Skilled Nursing to doctor appointments (This will require a short training and back-ground check).
- Offer to pick up groceries for an elderly neighbor
- Donate a bike to A Precious Child



# TRANSPORTATION DEBRIEF

Spend the first 40 minutes of your group time debriefing the previous week's experiences. Below are questions to help you facilitate discussion. Don't feel pressured to discuss all the questions. Handpick a few that you think will create a meaningful discussion.

- How did limiting your access to transportation effect your household's rhythms, moods, and social interactions (positively or negatively)?
- In what ways did this week produce appreciation and gratitude within you?
- What new perspectives did you gain?
- What would be gained or lost if you lived with these limitations permanently?
- In what ways, does living with less free you up to be more generous?
- What did this experiment reveal about yourself, your household, and the ways you seek happiness?