



- Finding Contentment -

Ice-Breaker:

If someone close to you had to describe you, would they describe you as content or discontent in the way you see life?

Describe a season in life where you felt the most content. What about that season brought contentment?

Discussion Questions:

Read Philippians 4:8-15

1. In verses 8-9, what adjective in Paul's listing stands out to you as the hardest thing to dwell on in your circumstances?
2. Look at what Paul writes in verse 12, "I have learned the secret." What has God done in your life for you to understand this principle and find rest with it?
3. The phrase "work out" means literally to work to full completion, like a miner or farmer. How does this speak to the practical position of our salvation?
4. Read 2 Cor. 12:10 and 1 Tim. 6:6. What is there to gain in hardship? Why is this so hard for us to learn as Paul did in these circumstances? Do you believe you will ever move beyond these circumstances if you don't find the source of contentment?
5. Read verses 11-13. We see in these verses that the desire for, and the ability to be content, is formed by the Spirit of God. Does it encourage or discourage you that contentment is something to be learned and that you don't learn this overnight?

Application:

- Now that this series has come to an end, how does Philippians 4:13 read differently to you now? Does this verse stand as a motivation or a daunting reality that there are some hard things ahead?