

In this life will we ever be completely content? In what ways can we be content?

How can we be like the Philippians and share in the troubles of other Christians?

## **PRAY**

Pray for each other that we would ask God to help us to be content in all circumstances, and thank God that we can trust Him to provide for all our needs, and that He has ultimately provided for us through Jesus.

## **LEARN**

**“And my God will meet all your needs according to his glorious riches in Christ Jesus.”**  
(Philippians 4:19)

# **Be Content**

(Philippians 4:10-23)

Use this space to make notes from the talk.

## EXPLORE

If you could have anything right now, what would really make you happy?

Contentment means having a sense of satisfaction with the circumstances you find yourself in. In Philippians 4:10-23, Paul writes that he had learned the secret of being content and shares it with the Philippian Christians and with us.

### Read Philippians 4:10-23

What are some of the negative circumstances that Paul found himself in? (v12-13 see 2 Corinthians 11:23-28)

Why would Paul need to learn to be content when he had plenty? (v12)

What is the secret of being content in any and every situation that Paul has learned? (v13, 19)

What did the Philippians do when Paul was in need? (v14-18)

What doesn't verse 19 mean?

What encouragements do we find at the end of this letter? (v20-23)

## TALK BACK

What are some of the things that make you feel discontented with your life?

What are some of the pressures the world we live in puts on us that can make us feel discontent?

If discontentment is always wanting more, what can you do practically to be more content?