



# DISCUSSION GUIDE

THIS WEEK: Philippians 4:6-13 – The secret to contentment

## GETTING STARTED

What is one thing you are thankful for this week and what is one thing we can pray for you this week?

Remind each other of our simple expectations for meeting together

*What experiences bring you the most contentment?*

*When was a time you felt contentment in the middle of problems or uncertainty?*

## QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?

What point/idea resonated most with you? Why?

Did you disagree with something said, or what do you think should have been added or expanded on?

In what way have you learned that having a little or a lot has never really moved the needle on experiencing contentment in your life?

How has worry/anxiety and 'what you think others are thinking about you' become enemies in finding contentment?

How does Paul describe what he has learned about contentment? How can we learn from Paul?

## EXPLORE THE PASSAGE [Philippians 4:6-13]

(Yes, these questions can seem silly, however good discussion and interpretation of the Bible begins with having a proper understanding of the basic facts; who, what, when, and where in the text.) Work through this quickly, the answers are fairly obvious.

What did Paul say about anxiety? (4:6-7)

What were the Philippians to do instead of worrying? (4:6-7)

How can a believer enjoy the peace of God? (4:6-7)

What are the qualities of wholesome thoughts? (4:8)

What were the Philippians to put into practice? (4:9)

How can believers enjoy the presence of the God of peace? (4:9)

Why was Paul glad? (4:10-13)

What lesson had Paul learned about contentment? (4:10-13)

Why could Paul handle any kind of circumstance? (4:13)

## QUESTIONS THAT HELP US UNDERSTAND THE SIGNIFICANCE OF THE TEXT

How have disagreements between people affected your relationships with other Christians, in your church?

When have you been involved in helping Christians resolve differences?

How can you have a peaceful spirit?

If you were more thankful, joyful, and gentle, how might your family and friends be affected?

What does it take for you to think worthy thoughts? Why does 'fixing your thoughts' matter when it comes to contentment?

In what areas of your life do you need to follow Paul's example? What can you learn from Paul about being content?

How could Paul be so flexible in his approach to life's circumstances?

How do you handle the unexpected?

## APPLY THE PASSAGE

What do we learn about God and about ourselves in this passage?

What may God be asking you to change, do differently, repent of, pray about as a result of engaging with this passage?

How can we pray for each other?