



# Learning the Secret of Contentment

PHILIPPIANS 4:10-13

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*"I can do all things through him who strengthens me." (Philippians 4:13, ESV)*

## Review the Sermon

Read Philippians 4:10-13.

Why must contentment be learned through real experience?

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Why must contentment be learned in *both* the good times and the bad times?

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What is the secret to contentment that Paul learned through different seasons of life?

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## Assess your Life

Where do you see pressure (cultural, personal, etc.) to be discontent in your own experience?

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What is one life experience that helped you learn to be more content?

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Where do you still need to grow in your contentment?

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## Apply the Truth

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If the secret of contentment is found in “the surpassing worth of knowing Christ Jesus my Lord” (3:7), what can you do to intentionally pursue your relationship with Christ?

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How should Philippians 4:13 be used to appropriately help you in a difficult situation?

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What season are you currently in, and what might God be teaching you in it?

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## Commit this Week

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Will you commit to finding contentment in your relationship with Jesus Christ above all you might need in this season of life?

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*“Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.” (Philippians 4:11–12, ESV)*