



Every Day Discipleship

Philippians 4:10-13 - Small Groups

Some groups may find the following suggested questions a helpful starting point. Don't feel bound by them, rather work at understanding God's word for yourselves, praying that God will help you live in the light of it.

Into the topic

This week we are thinking about contentment in a world that offers us so many choices and opportunities.

1. In what different ways do people we know outside the church show signs of not being 'content' with life? In what ways does our society more generally show a lack of contentment?
2. What signs do **we** sometimes show, revealing we are not 'content' in life?

Into God's word

In our passage this week, Paul makes a remarkable statement about his 'contentment' in Christ. Read Philippians 4:10-13.

3. How is Paul's description of contentment in verses 11 and 12 different from the way we sometimes think of contentment?
4. Now explore the source of Paul's contentment in verse 13. Also read Philippians 3:7-10. Where does Paul's contentment come from?
5. Why do we struggle to find our contentment in Christ in this way?
6. How might we better 'know' Christ, such that our contentment is not dependant on our circumstances? How might we daily remind ourselves (and others) of this?
7. What difference would it make to everyday life (even this week) if we knew more of this contentment in Christ?

Turning to Prayer

Ask God to help renew our minds, such that our lives are not conformed but transformed by what we have seen this week.