

## ***Philippians 4:10-13***

<sup>10</sup> I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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. <sup>13</sup> I can do all things through him who strengthens me.

## The Secret of Being Content Always

Philippians 4:10-13

Todd Chapman - February 4, 2018

Paul shares with us the ultimate secret, the secret to finding genuine contentment in any and all circumstances. It is the foundation of our happiness.

The secret to being content always:

- It is learned.
- It is learned in good and bad circumstances.
- It is not learned by many.
- It is not looking to circumstances to be the source.
- It is looking to Jesus alone to be the source.
- Jesus empowers us to “Do all things.”

## Notes:

## Life Group Discussion Questions:

### Philippians 4:10-13

#### What does the text say?

1. How would you summarize the big ideas of Philippians 1-3? What shift has occurred in Philippians 4?
2. What does Paul mean by “now at length you have revived your concern for me”?
3. What does it mean that the Philippian church “had no opportunity”?
4. What does Paul mean that he has “learned in whatever situation I am to be content”? Why does Paul use content rather than joy?
5. What does contentment mean?
6. What is Paul referring to when he says, “brought low, and I know how to abound. In any and every circumstance”? Is this material? Spiritual? Explain.
7. What is the “secret” that Paul has learned?
8. In this context, what does “I can do all things through him who strengthens me” mean?
9. How would you paraphrase Philippians 4:10-13?

#### How does it apply?

1. Is it possible for us to experience the type of contentment that Paul felt?
2. How do we gauge how great an impact circumstances have on our contentment?
3. Do we believe Jesus is satisfying enough to provide contentment in all circumstances?
4. Who are the people that you have seen demonstrate this type of contentment? What was the situation?
5. In what areas are of your life are you struggling to find contentment?
6. How can the life group encourage you in this struggle?
7. Who is someone in your life who is struggling to find contentment? How could you encourage them?