

THE **crossing** **small groups**

The Secret of Contentment | Philippians 4:10-13 Sermon Discussion Participant Guide

Purpose of Discussion: To identify one thing we can do daily to grow in finding our contentment in Jesus and not in our circumstances.

Icebreaker: How did your family handle difficult circumstances when you were growing up? What approaches did they take, and how did that shape you both positively and negatively?

Transition: The way we handle difficult circumstances is shaped by our upbringing, personality, and culture. We often wish for different circumstances, believing the next life stage or achievement will bring happiness. Ironically, when we reach those milestones, we compare ourselves to others and still feel dissatisfied. The apostle Paul, who faced many hardships and experienced God using him in incredibly powerful ways, knew the secret to being content in every circumstance. Let's spend some time discussing today's sermon and how we can grow in finding our contentment more in Jesus and less in our circumstances.

Discussion:

1. Philippians 4:13, "I can do all things through him who strengthens me," is often taken out of context. How have you seen this verse misused, and why do you think it is more frequently misunderstood than other verses?"
2. How does today's culture breed discontentment in our lives? How have you personally struggled with wanting "the next thing?"

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Read:

Philippians 4:10–13

[10] 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. [11] Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. [12] 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. [13] I can do all things through him who strengthens me.

3. What do you know about Paul's circumstances when he wrote this letter to the church in Philippi? How does understanding Paul's situation and the broader context of Philippians 4:10-13 help us correctly interpret and apply verse 13?
4. Proverbs 27:20 Says, "Just as death and destruction are never satisfied, so human desire is never satisfied." What does this verse reveal about the power of desire and comparison, and how can these things prevent us from finding contentment?

Read:

Philippians 4:12

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.

5. What is the "secret" of contentment that Paul is referring to in verse 12? Why do you think he refers to it as a secret?

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6. If Paul's secret is that contentment is found in a person (Jesus) rather than in circumstances, what practical steps can we take daily to help us find our contentment in Jesus instead of our situations?

7. What kind of impact might it have on those around us if slowly and over time, we learned to find our contentment in Jesus and not our circumstances?

Sharing and Prayer:

Invite each group member to briefly share a circumstance where they're struggling to find contentment. Encourage them to include even small challenges causing discontentment or comparison—it doesn't have to be a major issue.

After each person shares, have another group member offer a short prayer for them to find their contentment in Jesus.