

Philippians: Fellowship of the Gospel

Study 19: Finding Contentment

READ Philippians 4:10-13 and **LISTEN** to the [sermon](#) by Pastor Craig.

Main focus: In our study we will look at the subject of finding contentment in the ups and downs of the Christian life.

1. How would you define Christian contentment?

2. What do you think Paul means when he says that he has “learned” to be content (v. 11)? Read Psalm 131 to help you.

3. In v. 12 Paul provides the contrasting circumstances he faced in life. Explain how each of the two categories helped him learn contentment.
 - a. Life’s highs: “Abound, face plenty and have an abundance” (see Eccl 5:10 and 1 Tim 6:17 for help).

 - b. Life’s lows: “brought low, to hunger and to be in need” (see 1 Cor 4:11-13 and 2 Cor 4:17-18 for help).

4. What habits, activities or situations feed any feelings of discontentment you have?

5. How does the “renewal of your mind” (Rom 12:1-2) in the knowledge of God help overcome a discontented spirit? (The hymn “[Day by day](#)” was written by Lina Sandell after her father drowned. Notice how she calmed her soul by resting on what is true about God.)

6. V. 13 has often been interpreted that so long as I have faith in God I can do “all things”. Explain, by understanding the context of vv. 11-12, (a) why this interpretation is incorrect and (b) how v. 13 actually deals with the topic of contentment.

STOP AND PRAY:

Confess: areas in your life where you have displayed a discontented spirit.

Pray: that God would teach you contentment in the circumstances you are in.

Commit: to daily soaking your mind in the truths about God from Scripture.