



LEARNING CONTENTMENT

November 21, 2021
Philippians 4:10 – 13
Pastor Bill Heydorn

MESSAGE NOTES

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. — Philippians 4:10

I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. — Philippians 4:11 – 12

I can do all this through Him who gives me strength. — Philippians 4:13



DISCUSSION

- What spoke most to you from the message on Sunday? Why?
- Between the weekend message and now, which areas of discontentment has God exposed in you?
- On a scale of 1 – 10 (1 = not at all, 10 = completely) how satisfied are you with your life? Why did you choose that number? What would it take to move that number up?
- In what area do you feel most content? Why is that?
- In what area do you feel least content? Why do you think that is? What can you do about that to change it?
- What are some specific sources of envy you need to block from your life?
- Go around the circle quickly sharing things you're grateful for. See how long you can go before getting stuck.
- Paul shares his secret to contentment in Philippians 4:12 – 13. Talk about what living through Christ's strength looks like in daily life.
- What are some blessings of others that we can celebrate together? What changes could you notice about how you feel after taking time to do this?
- How will you cultivate gratitude through Christ's strength this week? What specific step do you commit to do?
- What steps would you need to take to make Christ all you need? How can you rely on Him more this week?