



1

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. I can do everything through Him who gives me strength.

Philippians 4:11b - 13 (NIV)

2

Discuss

- How does Paul’s view of contentment challenge the way our culture views success and satisfaction?
- How can someone “have it all” and still not be content?
- Paul says he knows how to live in both abundance and need. Which of those situations do you think is harder to remain content in—and why?
- How does relying on Christ's strength differ from simply having a positive attitude or “toughing it out”?

3

Pray

- Thank God for His provision in your lives.
- Thank Him for health, shelter, food, transportation, and clothes to wear.
- Confess to God those feelings of dissatisfaction, the attitude of so often wanting more and more.
- Pray that God will give you the assurance of His love, sufficiency and strength to deal with the hard times that can come.
- Pray for friends and family that are struggling with those kinds of hard times.

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