

# Family Discussion

The Key to  
Contentment



Consider: Philippians 4:12 – 13 (NIV) 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. 13 I can do everything through him who gives me strength.



## Discuss:

How have you experienced the truth about contentment which Paul talks about in verse 13?



# Discuss:

- Why do you think so many people are discontent?
- How could total contentment in a person's circumstances actually change those circumstances?



# Discuss:

- Share with each other what things cause you discontent.
- Pray together that you experience God's strength for contentment.

