

Philippians: Finding Joy Right Where You Are!

Key Scriptures

Phil. 4:10-13 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.

Key Point: Peace
The secret to overcoming anxiety is trusting God through prayer. The secret to managing your emotions is the DTF principle. The secret to contentment is not from physical circumstances but from relying on divine strength.

TALK IT OVER

Start talking: Pick a conversation starter for your group.

- At what time in your life were you the most content?

Start thinking. Ask a question to get your group thinking.

- Read through verse 10-19. Try to summarize what this section is about in a single statement and share it with the group.
- In Acts 9:15-16 God speaks about how many things Paul would suffer for His name's sake. Read 1 Cor 11:24-29. Which of these circumstances do you think were the most difficult for Paul? Which would be the most difficult for you to endure?
- Paul mentions twice that he learned how to be content, and he calls it "the secret" of how to face much or little. How or when do you think Paul learned this?
- Many people believe they can only be content once they have reached a certain level of economic prosperity. How does their view differ from Paul's understanding of contentment?

Start sharing. Choose a question to create openness.

- Why is it so difficult to be genuinely content? What factors in our world make this so? What factors in our hearts make this so?
- What do you learn from Paul in this passage about both contentment and giving and receiving help from others?
- How do you understand verse 13? To what extent do you think you have learned this secret?

Start praying. Be bold and pray with power.

- Ask God to help you with the areas of life you know you are discontent; but also ask Him to help you see that He is all sufficient.

Start doing. Commit to a step and live it out this week!

- What step of obedience do you need to take to trust in God's provision for you?