

“The Secret to Contentment”
Philippians 4:10-13

We see in Philippians 4:18 that Epaphroditus was the messenger the Philippians sent to bring their financial gift to the apostle Paul. Paul then writes this letter to the church in Philippi to say thank you and to testify that God is the One who ultimately supplies our needs.

1. What is Paul’s response to the continued interest the Philippian Christians showed in him (v.10)?
2. What lesson has Paul learned despite the circumstances around him (v.11)?
3. This is the only time we see this word for content in the New Testament (the Greek word is *autarkes*). The Stoics used this word to refer to a *human* self-reliance but Paul uses it to refer to a *divinely* bestowed sufficiency...whatever the circumstances.

In times of financial need or abundance, how do you remain humble and content and keep your eyes focused upon Christ?

4. Write out Philippians 4:13—
“I can do _____.”

This very famous verse can be used by some to take pride in our own abilities but it is really a declaration of the strength provided by Whom?

5. Paul said he could do everything including handling poverty and living in abundance through Him who gave Him strength.

What trials have you experienced during this Great SA Winter Snowstorm of 2021?

Instead of frustrations and gripes with your current circumstances, how have you turned those worries to Christ in prayer? How can we turn the temptation to have a “pity party” into a praise offering for His many blessings in our lives?

6. How has God given you strength and a spirit of contentment this past week?

What lessons has He taught you?

Since “God will supply all your needs according to His riches in glory in Christ Jesus”, how can you display acts of kindness and love to your neighbor at this time as “a fragrant aroma” to God (verses 18,19)?