**The Secret of Contentment**

A Study of Philippians

* The Rise of Fear, Anxiety, and Depression in America
* Paul’s Amazing Claim: “I have learned the secret of being content in any and every situation”
* Secret #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Take Action:

**The Secret of Contentment**

A Study of Philippians

Discussion:

1. How would you describe the difference between contentment and happiness? Why do you think Paul says he has learned to be content, rather than happy?
2. Do you agree with this statement: “Events determine your circumstances, but your attitude determines your perspective”?
3. Can you see evidence of God’s working in your past? Share something from your past for which you are grateful.

Map

Description automatically generated

*Close-up of the location of Philippi. Paul founded the church in 51 A.D. and likely wrote to them in 62 A.D.*