**The Secret of Contentment**

A Study of Philippians

* Secret #1: An Attitude of Gratitude Resets Your Perspective
* Secret #2: It’s Not About You. You are part of something bigger that God is doing.
* Secret #3: God is working in every situation for good.
* Secret #4: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Take Action:

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Discussion:

1. If happiness and sadness are opposite feelings, what is the opposite of joy? Do you think it could be worry/anxiety?
2. For us to let go of our cares/worries and entrust them to God, we must believe he is both willing and able to bear them for us. Do you believe God is willing and able? Why or why not?
3. If God had granted every prayer you’ve prayed, do you think you’d be happy right now? Why or why not?
4. How can presenting our anxieties and fears to God relieve us of them?
5. What do you think this saying means, “Let go and let God?”å

“I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 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.”

*Philippians 4:11-13 (NIV Translation)*