**The Secret of Contentment**

A Study of Philippians

* Secret #1: An Attitude of Gratitude Resets Your Perspective
* Philippians Chapter 2 – The Attitude of Christ
* Secret #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Take Action:

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A Study of Philippians

Discussion:

1. Imagine yourself one of the believers in Philippi. Knowing that Paul had been beaten and put in prison when he was there, and knowing he was awaiting trial in Rome when he wrote this, how would his talk of gratitude and joy strike you? Would you be encouraged by his example?
2. Why is it hard for us to accept, deep down, that “It’s not about you?”
3. What do you think of this statement: “There is freedom in letting go of the self-centered life.”?



*If this is your child, this is the one situation when it’s permissible to worry!*