**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Take Action:

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Discussion:

1. Share an event in your life that you thought, at the time, was bad (or good) and later you changed your opinion.
2. Do you tend to live in the past or the future? Why is seeing God’s providence (providing for you) in the past important for your attitude toward the future?
3. Why is it hard to trust that all the circumstances of our lives are being worked together for good? What would happen to your anxiety level if you lived with that in mind?

*“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”*

*Romans 8:28 (NIV Translation)*

