

The Secret of Contentment

A Study of Philippians

- Secret #1: View events through the lens of your trust in God.
- Secret #2: It's not about you. You are part of something bigger that God is doing.
- “I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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.”
- 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?



Egypt in the Time of Joseph, ca. 1800 BC