

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.
- Secret #3: God is working in every situation for good.
- Secret #4: _____

“Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4:6-7 (ESV)

Discussion:

1. What is the opposite of contentment? 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?

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The Storm on the Sea of Galilee, Rembrandt, 1632 AD

And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, “Teacher, do you not care that we are perishing?” And he awoke and rebuked the wind and said to the sea, “Peace! Be still!” And the wind ceased, and there was a great calm. He said to them, “Why are you so afraid? Have you still no faith?”

Mark 4:37-40 (ESV)

Text Questions to 405-633-0275

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