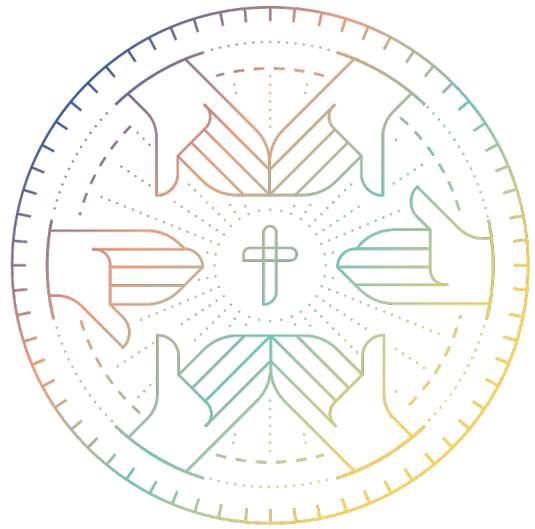


Group Life.

W E A R E B E T T E R T O G E T H E R



SMALL GROUP GUIDE

_____ like Jesus: “The Secret of Contentment”

Scripture Focus: Philippians 4:10-23

ICEBREAKER

What is something you wanted badly at one point in life, but now barely think about?

If you had to give up one modern convenience for a month, which one would be the hardest to live without?

INTRODUCTION

There always seems to be something just out of reach. More money. A different job. A better house. A healthier body. A different season of life. It can be easy to believe, “If only this changed, then I would finally be content.” But Paul, being in jail, writes Philippians from circumstances that were anything but comfortable, and yet he says, “I have learned, in whatever situation I am, to be content.” His contentment was not based on having enough or getting everything he wanted. It was rooted in Jesus.

What stood out to you most from this week’s message?

INTO THE WORD

Read Philippians 4:10–11, Psalm 23:1–3, and Hebrews 13:5–6. Paul says that he had *learned* to be content. Why do you think contentment has to be learned rather than coming naturally? What are some things that tend to compete with contentment in our lives? What practices can help us become more content over time?

Read Philippians 4:11–12, 2 Corinthians 12:9–10, and Psalm 42:5–6. Paul experienced both abundance and need, yet he learned contentment in each. What is the difference between biblical contentment and simply pretending that difficult circumstances do not hurt? How can we honestly acknowledge what is painful while still learning contentment in Christ?

Read Philippians 4:12, 1 Timothy 6:6–10, and Luke 12:15. Paul says he learned how to live with both abundance and need. Why might contentment be difficult when we have plenty as well as when we are lacking? How does comparison affect our ability to recognize what God has already given us? What helps us resist constantly looking toward the next thing we think we need?

Read Philippians 4:13–19, Matthew 6:31–33, and 2 Corinthians 9:6–8. What does Philippians 4:13 mean in the context of Paul’s teaching about contentment? How is depending on Christ different from trying to become self-sufficient? What connection do you see between contentment, trusting God’s provision, and generosity toward others?

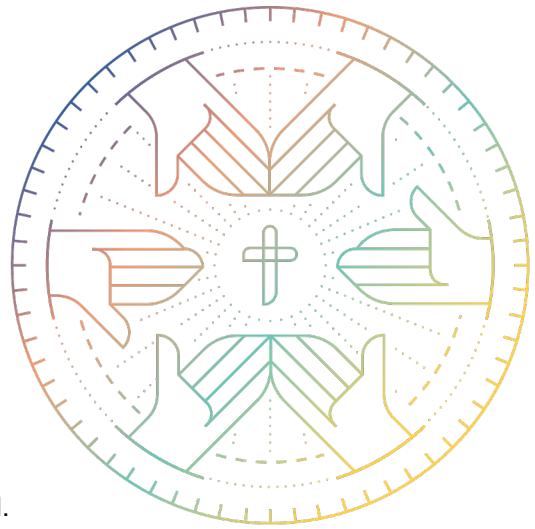
EMBRACE AND EMBODY

Living like Jesus means:

- Learning contentment rather than waiting for perfect circumstances.
- Being honest about pain without allowing it to define our hope.
- Resisting the trap of comparison.

Group Life.

WE ARE BETTER TOGETHER



- Receiving both abundance and need with trust in God.
- Resting joyfully in God's provision.
- Living generously because our security is found in Christ.
- Believing that Jesus Himself is enough.

As a group, discuss the following questions:

- What "if only" statement do you think people are most tempted to believe?
- Where does comparison most often undermine contentment in our culture?
- Why do you think abundance can sometimes make contentment harder rather than easier?
- What is one way gratitude can help reshape the way we see what God has already provided?
- What would it practically look like to say, "I have Jesus, and He is enough," in the season you are currently walking through?

TAKE YOUR NEXT RIGHT STEP

(Prayerfully consider one of the following next steps)

- **Seek God Daily:** Read Philippians 4:10–13 each day. Ask God to show you where an "if only" mindset may be shaping your heart, and thank Him for three things He has already provided.
- **Build Deep Relationships:** Have an honest conversation with someone you trust about an area where comparison or discontentment has been affecting you. Invite them to pray with you.
- **Live Generously:** Give something away this week—your money, possessions, time, attention, or hospitality—as an expression of trust that God will continue to provide.

GROUP PRAYER PRACTICE

Give everyone a few quiet moments to reflect on these questions:

"What am I telling myself I need in order to be content?"

"Where has comparison been shaping my heart?"

"What has God already provided that I may be overlooking?"

Invite everyone to silently name one thing they have been struggling to release and three things for which they are grateful.

Then pray together, thanking God for His provision and asking Him to teach each person the secret Paul learned: to depend on the strength of Christ in every circumstance.