



“Do You Want to Know a Secret?”

...The Journey to Contentment

Philippians 4:11-13

Session One

Learning the _____ of Being _____

Know _____

Know _____

*True Contentment is not a Response to my _____,
but a Response to _____.*

Discussion Questions:

1. Icebreaker: Name a skill you have and explain how you learned it.
2. In your experience, when is it harder to be content: with plenty or in need?
3. What circumstance in your life makes it difficult to be content?

For next week:

Read Calm My Anxious Heart, chapters 1 & 2:

- "My Journey to Contentment," and
- "Content with Circumstances"

Do the associated homework assignments at the back of the book.

Begin memorizing...

Philippians 4:11b-13 New International Version (NIV)

11 ... I have learned to be content whatever the circumstances. **12** 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. **13** I can do all this through him who gives me strength.