



"It's Just a Season"
...Contentment in my Role(s)
Philippians 2:3-8
Session Four

My Contentment in My Role Depends on my _____

_____ Motives

- Selfish _____
- Vain _____
- Looking out for my _____
- Grasping my _____

_____ Motives

True contentment comes not in _____ my own _____,
but in _____ of others.

Discussion Questions:

Icebreaker: What role (or stage of life) would you say you are in now? What is one thing you like about this role?

Review your scripture memory (Philippians 4:11-13).

From Calm My Anxious Heart:

- Think of someone you find yourself serving lately. Name 2 or 3 "excellent or praiseworthy" things about them.
- God's standard for Christians is faithfulness. What does it mean practically speaking for you to be faithful in your current role?

From the Large Group Time:

- What do you find difficult or unpleasant about your current role or life stage?
- Which of the four descriptions of self-centered motivation do you think you struggle with?
- What is the value of "counting your blessings" or viewing your stage of life as a "season" that's passing? What is the trouble with these approaches?
- Do you tend to interact primarily with others in your stage of life or those at different stages? Why?
- How do your circumstances uniquely equip you to serve others?
- How could choosing to serve someone else's interest improve your contentment?

For next week:

Read Calm My Anxious Heart, chapter 6: "Never Enough."

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

Continue memorizing...

Philippians 4:11b-13 (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 everything through him who gives me strength.