



“The Secret of Contentment”
Presenter: Jim Hammond

Talk It Over

Overflow
“The Secret of Contentment”

I. The secret of contentment is _____

II. Contentment does not come from

III. This kind of contented trust is

SMALL TALK

1. Has any outside situation or circumstance ever knocked over your cup of contentment? What happened? How did you feel?
2. Have you ever felt contentment even during difficult circumstances?

VIEWPOINT

3. **READ Philippians 4:10-13.** What were Paul's circumstances while he was writing about how he had learned the secret of contentment (1:13-14, 20)?
4. How does Paul's expression of contentment in this passage challenge the prevalent mindset of seeking worldly possessions and success for our happiness and fulfillment?
5. According to the context, what kinds of things does Paul have in mind in 4:13 even though he says, “all things”? All things pertaining to what?

GETTING PERSONAL

6. What are some challenges you face in maintaining contentment in your own life? How do you usually respond to those challenges?
7. In what ways can you cultivate contentment in your daily life, despite the pressures and expectations of the world around you?

MAKING PROGRESS (THIS WEEK)

8. This week, what will you “do...through him who strengthens you” (4:13)? What might this look like?

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