



## Content In Christ

Philippians 4:1-9

### Thinking about GRATITUDE . . .

Paul's big idea:

*True contentment is not found in our circumstances,  
but in Christ who strengthens us.*

1. Rejoicing in the Lord's Provision (vv. 10–14)

2. Learning the Secret of Contentment (vv. 11–13)

3. Participating in the Gospel Through Generosity (vv. 15–18)

4. Resting in God's Faithful Provision (v. 19)

### Key Takeaways:

- **Contentment is learned** — through trusting Christ in every circumstance.
- **Generosity is partnership** — our giving reflects God's grace at work in us.
- **God's provision is faithful** — He meets every need according to His riches.
- **Contentment leads to worship** — when Christ is enough, God is glorified.

### Questions for Discussion:

- ⇒ **Paul says he has learned to be content in all circumstances.** *What do you think he means by "learned"? What experiences in your own life have been "teachers" of contentment?*
- ⇒ **Verse 12 describes seasons of both plenty and need.** *Which season is harder for you to remain spiritually grounded—seasons of abundance or seasons of lack? Why?*
- ⇒ **"I can do all things through Christ who strengthens me" is often quoted.** *How does the context of contentment shape the meaning of this verse? How does it speak to real-life challenges today?*
- ⇒ *Where do you personally struggle most with contentment—in circumstances, relationships, finances, or expectations?*
- ⇒ *If you were to express gratitude to someone in your life the way Paul does, who would it be and why?*