

# Clarity and Confidence Through Contentment

## Renewing the Mind Part 7

### Activating Our Purpose Series

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#### WELCOME

#### PRAYER

#### SHARE

**Read:** Philippians 4:10-13 (ESV)

<sup>10</sup> I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup> I can do all things through him who strengthens me.

#### Discussion

1. **Rejoicing and Concern (Verse 10):** Here, Paul is expressing his gratitude towards the Philippians for their renewed concern for him. He's happy to see that they care for him, even though they might not have had the chance to show it.  
Discussion Question: *In what ways can we express our care and concern for others when circumstances might limit us from showing it directly?*
2. **Contentment in All Circumstances (Verses 11-12):** These verses discuss Paul's experiences, whether in need or in abundance. Paul asserts that he has learned to be content in all situations. The secret to this contentment is not dependent on his external circumstances but an internal perspective.  
Discussion Question: *What does it mean for us to be content? How can we learn to find contentment in every situation?*
3. **Strength through Christ (Verse 13):** Perhaps one of the most well-known verses, it suggests that the strength to endure all circumstances, whether positive or negative, comes through Christ. This statement forms the foundation of Paul's faith and the source of his contentment.

Discussion Question: *What does it mean to do all things through Christ who strengthens us? Can you share personal experiences where your strength came from your faith?*

## **PRAYER REQUESTS / PRAISE REPORTS**

**CARE: Follow-up during the week**