

Antidote Week 5: Back on Track

Objective: To encourage us to become grateful people.

Read together:

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.

Philippians 4:12-13

1. Paul says he “*learned to be content whatever the circumstances.*” Why do you think discontentment is so common in our culture, and how have you personally felt its effects?
2. The sermon mentioned that discontentment has been “*intentionally developed*” by things like advertising and social media. What are some specific messages or images that have trained you to feel like what you have isn’t enough?
3. Paul says comparison is unwise (2 Corinthians 10:12). How does comparison steal our joy, and what practical steps can help you “kill comparisons” in daily life?
4. Romans 12:15 says, “*Be happy with those who are happy.*” What does it look like to genuinely celebrate someone else’s success? Why is that so difficult sometimes?
5. Psalm 103 calls us to “*forget not all His benefits.*” What are 3–5 blessings in your life that you often overlook? How might making a regular gratitude list help shift your mindset?
6. 1 Thessalonians 5:18 commands us to “*give thanks in all circumstances.*” How can you practice gratitude even when life is painful or disappointing? What might that look like in your current season?
7. Philippians 4:13 (“I can do all this through Him who gives me strength”) is often quoted out of context. How does understanding it as Paul’s declaration of contentment through Christ’s strength change its meaning for you?

Final Thoughts: Final Thoughts: Contentment and discontentment are choices you can make. You can choose to be discontent and unhappy or you can ask Jesus to help you develop the habit of gratitude.

This Week: The sermon gave four practical steps: *Kill comparisons, Celebrate others, Count your blessings, Practice giving thanks.* Which of these comes most naturally to you, and which one do you most need to work on this week?