

SERMON NOTES AND SCRIPTURE

Philippians 4:1–14

Further, my brothers and sisters, rejoice in the Lord! It is no trouble for me to write the same things to you again, and it is a safeguard for you. 2 Watch out for those dogs, those evildoers, those mutilators of the flesh. 3 For it is we who are the circumcision, we who serve God by his Spirit, who boast in Christ Jesus, and who put no confidence in the flesh— 4 though I myself have reasons for such confidence.

If someone else thinks they have reasons to put confidence in the flesh, I have more: 5 circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; 6 as for zeal, persecuting the church; as for righteousness based on the law, faultless.

7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith.

10 I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for 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 all this through him who gives me strength.

14 Yet it was good of you to share in my troubles.

1. The first step to contentment is recognizing that we are needy people.

2. Contentment is something that is learned.

3. The source of our contentment is Jesus; it isn't originated in us.

GROUP DISCUSSION

Read the passage of Scripture together as a group.

As a child or teenager, was there something that your friends got that you just had to have? What was it, and did you get it?

Are there things in your life now, that you think, *if I just had [blank], I'd be so much happier?* Are you willing to share it with the group?

Paul shares in the passage that he has learned to be content. How do you think you go about learning contentment?

Can you say that you are content *no matter the circumstances?*

Are there voids in your life that are you trying to fill with things or people other than Jesus?

What are the most common circumstances in my life that challenge my contentment?

How can our group pray for you this week?