Philippians 4:10-13

Learning to Be Content in a Discontent World

Rootwork

1. (Everyday) Before you begin your study time, spend time in prayer! Go through your "yesterday" and ask the Lord to reveal your heart! Prepare your heart and surrender your will to the Spirit of God! Allow Him to have full access by not withholding anything He wants to do in you and then do through you!! Make a conscious effort to bow your will in obedience to the Lord before you even dive in! This prepares your heart to hear and heed everything He speaks to you!

2. (Everyday) Then spend time in adoration and worship after you have cleansed your heart and before you dive into the Scriptures!! Proclaiming who God is and adoring Him lifts our eyes up and keeps our focus on what really matters…putting God in His rightful place and putting us in ours! Remember, the enemy is going to try to keep you from being in the Word. He hates when we worship our God. Worship breaks his bondages over believers, so submit to God, resist him, and he will flee!!

3. If you were at the "Digging Deeper Workshop" and would like to structure these Scriptures, copy and paste Philippians 4 (if you have not done so already) into a Word/Pages document or write it out verse by verse, following the structuring handouts you received! If you were not there and want to watch it, search "Digging Deeper" on our website or app and watch it for tools to help you in your study time! (We will be doing another one in December)

4. (Everyday) After you finish your Rootwork every day, be sure to spend time in prayer (ACTS), going through what you have learned and received from the Word of God! This is also in your "Digging Deeper" handout.

5. Read Philippians 4:1–13 in context. Review each section theme. What has been the most helpful for you personally? Why?

6. Read verses 10–13 again and spend some time looking up words in your Blue Letter Bible app so that you can gain a deeper understanding of what Paul is saying to the church at Philippi!

7. Read verse 10. What is Paul referring to here?

8. Read verse 11. Why do you think this was important for Paul to share with them?

9. Look up the definitions of "want," "learned," and "content." What further insight do these definitions give you?

10. This verse can be a source of comfort and relief to us because there IS a way we can live in contentment, regardless of what is going on around us! Contentment is learned. Contentment is NOT natural!

11. We discussed in Bible study that discontentment is not new either. Take some time and revisit some biblical accounts of people in the

Bible who struggled with discontentment. (We discussed Eve, the Israelites, David, Solomon, etc.) Spend time here and record as many as you can think of. Then write out what the outcome was in each circumstance. You will find the fingerprints of God all over these accounts, and I pray they will be an encouragement to your heart as you learn to be content!

12. Read Ecclesiastes 5:10 and compare it to the interview with John D. Rockefeller when he was asked, "How much money is enough?" His reply was, "Just a little bit more." Write out your thoughts. Have you ever experienced this in any way? Have you ever had everything you thought you wanted, only to find that it still wasn't enough? Explain your answer.

13. After looking at how the enemy has used discontentment in the past, how have Satan and your flesh been used to cause discontentment in your own life and draw you away from God's will for you?

14. How can discontentment lead to disobedience? Write out an example from your own life.

15. We discussed desire and how we were designed with desire. Look up the following verses and see if you can find any others that speak about desire. Record what you find.
    - Galatians 5:17
    - James 1:5
    - Psalm 73:25
    - Matthew 5:6

- Isaiah 55:1–3

16. When does desire become temptation for discontentment?

17. Read Proverbs 30:8–9 in the NLT slowly! Write out your thoughts on this prayer. How does this challenge you, and what does it reveal about the heart of the one praying?

18. How do we learn to be content? What was the first way we discussed that we can learn to be content?

19. Find as many verses as you can on THANKSGIVING and record them. We covered some of Paul's teaching on this in Bible study, but do a deep dive and see what the Word of God says about giving thanks! How important is it?

20. Do you have a habit of thankfulness, or is your perspective missing it?

21. Thanksgiving needs to be cultivated! How can you personally cultivate thanksgiving in your everyday life?

22. Look at verse 12 of Philippians 4. How did Paul learn to be content from this verse? (#2)

23. Would you say that contentment is affected by external circumstances? Explain your answer.

24. Contentment is a choice. How is this true? How can you personally choose contentment in your current circumstances?

25. How does the truth of Philippians 4:8 keep you from being discontent?

26. Now contrast a mind that is discontent with a mind that is content! Write out your answers.

27. We discussed what Paul personally went through. Read 2 Corinthians 11:23–31 and 2 Corinthians 12:7–10, and record what he learned through his circumstances.

28. Contentment is NOT complacency! What is the difference between contentment and complacency? What is the difference between discontentment and HOLY discontentment?

29. We discussed in Bible study some common areas where we can develop discontentment: in our roles, in our relationships (expectations and comparisons), and in our lots! In which of these areas are you most tempted to be discontent? Why? How does this reveal where you are getting your hope and security from? Explain.

30. Let's break this down and spend as much time here as you need! I want you to identify where you run to or what you cling to for contentment. Then confess it and turn to the Lord in repentance! This can be LIFE-CHANGING as you allow your heart to turn back to the only One who can truly satisfy! Please do not take this lightly or

rush through it! Let this be a turning point in your walk with the Lord!

- What is your role in life, and are you content with your role?
- Are you content with the relationships God has given you?
- Are you content with your lot?

31. Read Hebrews 13:5 and 1 Timothy 6:6–10 and record what you learn about contentment. How do these verses teach you to be content, and what is the remedy for your discontented heart?

32. In Bible study, we talked about Ella, the missionary from Africa. Look at the list she put in her journal that helped her stay content, no matter what circumstances surrounded her. Which one of these is the hardest for you, and why?
    - Never allow yourself to complain about anything—not even the weather!
    - Never picture yourself in any other circumstances or someplace else.
    - Never compare your lot with another's.
    - Never allow yourself to wish this or that had been otherwise.
    - Never dwell on tomorrow—remember that tomorrow is God's, not ours!

33. Place this list somewhere you can easily access it and use it as a safeguard every time you are tempted to be discontent!"Her eyes were fixed on eternity, and her tomorrows belonged to God…so she was free to live today!" (Dillow)

34. Now look at verse 13 of Philippians 4. Why is it so dangerous to take this verse out of context?

35. What does this verse mean in context? Read the Amplified version of this verse. How does this give you further insight into what it means?

36. Rewrite this verse in your own words in a way that helps you fully understand its meaning and why Paul wrote it!

37. In our study, we discussed the third way contentment is learned. What is it?

38. Read this quote from Elizabeth Elliot: "The secret is Christ in me, not me in a different set of circumstances."

39. How does this quote encourage you to keep your thoughts centered on truth and trust in the Lord?

40. Look up John 4:13–15 and record what Jesus is saying here and why!

41. There were four things we discussed that help us dwell in Christ's strength. What were they?

42. Spurgeon said: "Ah, you will never have enough till you get Christ; but when you have Him, you will be full to the brim. Contentment is the peculiar jewel of the beloved of the Lord Jesus." Write out your thoughts on this.

43. “Discontentment is the result of an unsurrendered life.” Why do you agree or disagree with this statement?

44. Theodore Roosevelt said: “This is the secret of being content: to learn and accept that we live daily by God’s unmerited favor given through Christ and that we can respond to any and every situation by His divine enablement through the Holy Spirit.” Read this slowly and record your thoughts. What is he saying? Where does your enablement to be content come from?

45. Review the ways you can dwell in Christ’s strength and write out how you can practically apply each one! Which one do you struggle with the most, and why? What can you do practically to strengthen that area?

46. At the end of the day, our discontentment is directly connected to how much we trust the Lord. Read Proverbs 3:5–6, Jeremiah 17:7–8, and Habakkuk 3:17–19. Record everything you learn about trust. Then look up as many verses as you can find about trusting God and record them! Use these as a LIFELINE when you are tempted to doubt the character and goodness of God!!

47. Now pick the biggest and most prevalent thing that is currently causing you to entertain discontentment. I want you to picture that ONE thing being held up to the Lord in surrender. Go ahead and hold up your hand. Now I want you to read through Habakkuk 3:17–19 as a prayer to the Lord and surrender that thing to Him! EXULT and REJOICE in Him! He will give you the strength to walk in contentment! TRUST HIM!!

48. “Contentment is a disposition of the heart and mind that transcends all the seductive devices of the commercial world, the covetousness and competitiveness therein, the ingratitude of the flesh, and the wily snares of Satan. Contentment is the result of a refusal to put yourself and your wants at the center of the world. Contentment places the Lord in His rightful place in your life and views everything through the lens of eternity.” (Smith) Share how this lesson has helped you see where the Lord desires to do a special work in you.