



GUIDED BIBLE STUDY

Do All Things

Speaker: Pastor Alan Brooks

Highlighted Scriptures

Philippians 4:10–13 (ESV)

"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. Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 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. I can do all things through him who strengthens me."

Discussion Questions

- 1. How would you rate your level of contentment in your current circumstances on a scale of 1–10?**
- 2. What is the lowest point of recent in your life, and how did you see God come through in it?**
- 3. What has been a HIGH point of recent, and how did you see God in it?**
- 4. Would you say you have learned "the secret" yet of being content in all things?**
- 5. Do you believe you can "do these things" through Christ Jesus?**
- 6. If not, what would you say needs to change for that to be more the case?**

Reflection Challenge

- **Reflect on a time when you experienced contentment despite difficult circumstances. Write it down and thank God for sustaining you through it.**
- **Practice gratitude by naming three things you can rejoice in, no matter your situation.**
- **Memorize Philippians 4:13 and apply it to enduring trials with Christ, rather than just to personal achievement.**

Prayer Prompt

“Lord, thank You for being with us in every season of life—both in times of abundance and in times of need. Teach us, like Paul, to be content no matter our circumstances. Help us to lean on Your strength and not our own. When we face losses, disappointments, or changes we don’t understand, remind us that You are walking with us and will never leave us. May our joy and peace rest fully in You. In Jesus’ name, Amen.”

