



# PRESS ON

A LETTER FROM PAUL TO THE PHILIPPIANS

## Contentment and Generosity

Discussion Guide | Nov. 22nd, 2020

Before you begin, please read Philippians 4:10-23

1. How would you define both (1) contentment and (2) generosity?
2. As a group, explain why both of these virtues are valuable and important to cultivate.
3. What works against cultivating these virtues of contentment and generosity in our world today?
4. In Philippians 4:10-13, Paul talks a lot about contentment. What is the source in which Paul finds this deep contentment?
5. What are other things people look to as sources of contentment and fulfillment? Why is the source Paul points us toward the best source of contentment?
6. In verses 11 and 12 Paul says he “learned contentment.” Review what you know of Paul’s life. How did he “learn” contentment?
7. Contentment isn’t something that you’re born with; nor is it a “switch” you can flip on automatically. Why is it helpful and encouraging to know that contentment is something that can be *learned*?
8. Are there experiences in your life that have been a “school” of contentment – helping you grow in this quality? Share anything that comes to mind with the group.
9. This passage (especially verses 14-20) also highlights the generosity of the Philippians. What do you learn about generosity from this passage?
10. Read Matthew 6:21. How does the Philippians’ generosity show where their heart is?
11. How does generosity shape your heart, and who you’re becoming?
12. Share a take-away you’re leaving with, from your time studying and discussing this passage. What practical steps will you take this week to live in light of this?
13. This is our final sermon through the book of Philippians! (It’s been a great study!) Take a few minutes and review the book as a whole. Share one or two “big take-aways” from what you’ve learned in Philippians over the last 11 weeks.
14. **“Press On” Challenge** – Set aside 30 minutes this week to read through the book of Philippians in one sitting. Then, either identify a key verse to memorize / meditate upon OR find a key take-away that you’re leaving with from your study of this book.