

STRUGGLING TO BE CONTENT

Student Handout

Johnson Chapel Missionary Baptist Church | Gainesville, FL

Name: _____

Date: _____

BIG IDEA

Contentment is learned, not found — and its source is Christ, not circumstance.

Fill In the Blanks

Follow along as the primary text is read aloud, and fill in the missing words.

Philippians 4:11–13 (NKJV) “Not that I speak in regard to need, for I have _____ in whatever state I am, to be _____: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do _____ things through _____ who strengthens me.”

Key Words

Write your own definition or notes for each word, based on the discussion.

1. Autarkes (Gk., translated “content”) —

2. Emathōn (Gk., “I have learned”) —

Reflection Questions

1. Without naming a dollar amount, what's something you catch yourself thinking, “I'll finally be okay once I have/reach/finish this”?

2. What's the difference between godly ambition and discontent? Where's the line for you?

3. Which is harder for you to stay content in — seasons of plenty or seasons of need? Why?

4. How does knowing your sufficiency is in Christ change how you'd pray about something you feel you're lacking right now?

5. What's one comparison trap you need to step back from this week?

This Week

Circle one practice to try before the group meets again:

- Keep a short daily list of three things I already have that I'd miss if they were gone.
- Before asking God for something I feel I lack, thank Him first for something I've overlooked.
- Identify one comparison I regularly make and replace that time with prayer for that person.

MEMORY VERSE

“Godliness with contentment is great gain.” — 1 Timothy 6:6