



Life Group Discussion Guide
"Finding Joy in Contentment" – Philippians 4:10-23

Scott Paulson – November 30, 2025

Main thought:

We learn joy-filled contentment by relying on Christ in every circumstance, giving generously with eternal perspective, and recognizing God's surprising work in the lives around us.

Ice-Breaker

- What was a highlight for you this week? What are you thankful for?

Questions

1. What stood out to you from Philippians 4:10-23?
2. What makes it hard to find contentment? How does this impact you experiencing joy?
3. Paul says he "*learned*" contentment. (v. 11)
 - a. Looking at your own life, who and what has helped teach you contentment?
4. Contentment isn't getting what we want, but it's receiving what God has for us. Where do you sense God asking you to embrace what He has for you right now?
5. Verse 13 is often misunderstood as a "Christian superpower verse". How does the true meaning of the verse (facing circumstances through Christ's strength) change or deepen your understanding of it?
6. If you inserted your own circumstance into Paul's phrase, "I can do _____ through Christ who gives me strength", what would you put in the blank?
7. Paul celebrates the "*concern*" of the Philippians but doesn't mention the amount of their gift (v. 10). Why do you think the concern matters to Paul perhaps even more than the size of the gift?
8. How does the practice of generosity grow our faith and increase our joy?
9. This passage teaches that giving has an "eternal interest" (v. 17), and that our gifts are a fragrant offering, pleasing to God. (v. 18) How does seeing giving this way change your perspective on generosity?
10. What have you been taught regarding giving in the past and how does this passage reinforce what you've learned or correct what you've been taught?
11. Talk about verse 19. What does it mean, and how does it challenge you? What do you find most challenging about trusting God to meet "all your **needs**" rather than "all your **wants**"?
12. Paul tells the Philippians, "*My God will meet all your needs according to his riches*". Where have you experienced God's provision in your life?
13. In what ways have you been able to witness God's power at work in people's lives?

Prayer: Take some time to pray for each other.