Small Groups

Fall Semester *2026*

CROSSROADS CHURCH
STATEN ISLAND



About Session 9:

Please Read:

We live in a culture built on discontentment. Advertisements whisper that we need a little more—a bigger house, a cooler car, a newer phone, a better life, a different family—and social media shows us everyone else's highlight reel while we live with our own behind-the-scenes. Even believers measure themselves against others and conclude that God has given them less. But the apostle Paul writes the closing section of Philippians from a prison cell, with every reason to complain, & instead he talks about a secret he has learned which is the blessing contentment.

In Philippians 4:10–20, Paul commends the Philippians for their generosity—and reminds them of where true contentment is found. He had learned, through good times and bad, through abundance and through need, to be content in whatever situation he faced (v. 11). His strength was not positive thinking or personal discipline; it was Christ Himself thus he declared: *"I can do all things through him who strengthens me"* (v. 13). Paul also honors the Philippians, the only church that partnered with him in giving and receiving from the beginning (v. 15). Their gift was more than financial support; it was "a fragrant offering, a sacrifice acceptable and pleasing to God" (v. 18). And he closes with a promise and praise: the God who supplied Paul will supply every need of theirs (v. 19), "to our God and Father be glory forever and ever" (v. 20).

Memory verse:

"Not that I am speaking of being in need, for I have learned in whatever situation I am to be content."
(Philippians 4:11)



Before You Watch:

+ ***Discuss this statement:*** **Contentment is not having everything you want — it is trusting the God who supplies everything you need.**

Brief Overview | Philippians 4:10-20

Paul closes his letter with gratitude — but this thank-you note teaches as much as it thanks. Contentment is learned, not found: learned in plenty and in need, strengthened by Christ, expressed through generous partnership, and anchored in the promise that God will supply every need.

Watch Video

1. Become a student (not a victim) of my circumstances (vv. 10–13)

"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. ***11*** *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.* ***12*** *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.* ***13*** *I can do all things through him who strengthens me."*

2. Be a blessing with my blessings (vv. 14–18)

*"****14*** *Yet it was kind of you to share my trouble.* ***15*** *And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only.* ***16*** *Even in Thessalonica you sent me help for my needs once and again.* ***17*** *Not that I seek the gift, but I seek the fruit that increases to your credit.* ***18*** *I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God."*

3. Believe God's promises of provision (vv. 19–20)

*"****19*** *And my God will supply every need of yours according to his riches in glory in Christ Jesus.* ***20*** *To our God and Father be glory forever and ever. Amen."*

Discussion Questions:

Question 1: Paul says he "learned" to be content (vv. 11–12) — both in being brought low and in abounding. Which is harder for you in this season: having too little or having plenty? What is God teaching you through your current circumstance, and what would it look like this week to draw on Christ's strength (v. 13) rather than waiting for your situation to change?

Question 2: The Philippians were the only church that partnered with Paul "in giving and receiving" (v. 15), and he calls their gift "a fragrant offering, a sacrifice acceptable and pleasing to God" (v. 18). How does giving to God's work loosen the grip of discontentment on our own hearts? Where is God calling you to give this week — money, time, or encouragement — trusting that He will supply every need of yours (v. 19)?

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