



### Opening prayer

Blessed Lord, you speak to us through the Holy Scriptures. Grant that we may hear, read, respect, learn, and make them our own in such a way that the enduring benefit and comfort of the Word will help us grasp and hold the blessed hope of everlasting life, given us through our Savior Jesus Christ.



### Read Philippians 4:10-13

10 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.

### Watch the video

Follow this [link](#) or search for 'Grappling with Philippians 4' from the youtube channel: <https://www.youtube.com/user/Wolfmueller1>

### Review and Discussion Questions

1. We see that Paul rejoices in the Lord, and *not* in what?  
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2. What are the two components that make up our good works?  
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3. How does Paul demonstrate in this letter that contentment is a learned behavior and does not come naturally?  
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4. In what ways do we let our culture drive us to be discontent? How can we fight against this temptation?  
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5. Verse 13 is said to be one of the misused verses in the Bible. In what ways is it misused? What is a more helpful way to interpret and meditate on this verse?  
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6. Of the three schools of thought for Christians: faith, love and hope, which two are most related to contentment?  
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