

SERMON DISCUSSION QUESTIONS

REFRAME: WEEK 8

While anyone can take time to answer these questions individually, these questions are best discussed in a group! Not in a group yet? We want you in one! Head over to southeastchristian.org to join a group in person or online, wherever you are - today!

What comes to mind when you hear the famous words of Philippians 4:13 (“I can do all things through Christ who gives me strength”)? How have you heard this verse used (or misused) in the past? What difference does it make to know that Paul is talking about contentment in this passage?

Read Philippians 4:10-20. Underline or circle all the phrases where Paul talks about the Philippians’ giving. In what ways had they supported Paul and his ministry? How had their giving helped Paul learn contentment? How do you think their giving helped the Philippians learn contentment?

What are some ways our culture tries to foster discontent within us? How do the ads/media we consume everyday keep us from feeling content with who we are and what we have? How does our culture of coveting keep us from contentment? What are some constructive ways we can respond to this constant bombardment?

It’s no coincidence that Paul talks about anxiety and contentment in the same chapter. How do contentment and anxiety oppose one another? How can handling our anxiety help us to better learn contentment?

In what areas of life are you most prone to experience discontentment? Why do you think you struggle to find satisfaction in these particular areas? What’s one practical step you can take this week to help learn the skill of contentment in that area?

Dave reminded us that true contentment comes from knowing Christ. List out some of our greatest needs as humans (think not just of physical needs, but emotional and psychological needs, as well). How does Jesus ultimately meet these needs? Why can we trust Him to satisfy our discontent?