

DEFYING GRAVITY

A Life Set Free

Do You Trust God? Philippians 4:10-13

1. What is contentment?
2. What kills contentment?
3. What empowers contentment?

MY APPLICATION

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or small group.

1. What does it mean to be content? Since contentment has a feeling associated with it, is it possible to learn how to be content? (See Philippians 4:11-12)
2. How much does your current contentment cost? Try to put a general price tag on what you believe you have to have to be happy.
3. When you read Philippians 4:13 in the context of contentment, what is Paul actually saying? Have you learned his secret? Explain.
4. Share an example of a time when your life was messy, but your soul was content through your relationship with Jesus?

MEMORY VERSE

"I am not saying this because I am in need, for I have learned to be content whatever the circumstances."

Philippians 4:11