



New International Version is used for questions

1. Read Philippians chapter 4. What does the word contentment mean to you? Share a time in your life that you felt content, did that contentment last? Why do you think that it seems so few people are content in life? Pastor Rick said that you will not be content until you do what two things?
2. Pastor Rick gave a quote from Jim Elliott the missionary: “He is not fool to give what he cannot keep to gain what he cannot lose”. What do you think this means? Can you think of an example from real life of what it would mean to do this? Read 2 Corinthians 4:16-18, If we did what these verses say, how would that help us to live for things that cannot be lost?
3. In Philippians 4;6,7, God says that the answer to anxiety is prayer. How does this work? What does God say you will receive if you pray? What does prayer cause us to do? What did Pastor Rick say prayer and gratitude do?
4. Read 4:8 again. What do you think this verse has to do with being free of anxiety and having peace? How do we actually do this on a daily basis? Do you find it hard to remain positive in your thinking even when things are not going well? What is being negative a sign of?
5. In 4:10-13, Paul says that he has learned to be content no matter what circumstances of life he found himself in. Read 2 Corinthians 11:23-28. What circumstances had Paul experienced as a servant of Christ? How is it possible that he could be content in spite of the intense suffering he went through for doing what God wanted him to do? Refer back to 2 Corinthians 4:16-18 in question 2.
6. Read again 4:14-19. Verse 19 is a verse we like to quote as Christians, but what is the context of this promise, what must we do first?

2. *Jim Elliot was speaking to living for the things that are eternal and not the things that of this world that will cease to exist whenever you die. You are a fool to ignore this truth. If we valued the things that last eternally, as 2 Corinthians 4 talks about, then we would be laying up treasure in heaven, as Jesus commanded in Matthew 6.*
3. *The reason prayer removes anxiety is because we consciously choose to put into the hands of God the solution to the things that are causing us to be anxious, which then removes the anxiety because we know that God works all things out for our good. Prayer shifts our worry to worship and gratitude shifts our fear to trust.*
4. *Philippians 4:8 tells us to control how we think, to think about the things that are true. The truth is that God is in control of everything and if we put everything into his hands, then he will take care of us. It is what you choose to think about that determines if you have peace or not. Being negative is a sign that your faith in God is weak and that you are spiritually immature.*
5. *It is only possible to be content when negative circumstances occur, and Paul had a lot of negative circumstances, when you trust that what God is allowing to happen in your life will actually turn out for your best. But you will only believe this if you believe that accomplishing God's will in your life is the best. Paul looked at what his suffering was accomplishing for eternal purposes and therefore he was content since his highest desire was to fulfill God's will. He was able to classify what he went through as "momentary troubles".*
6. *The context of the passage is that if we are generous, if we are givers, then God will meet all of our needs. If we are not generous, if we are stingy, then the promise does not apply to us. It is a conditional promise, and the condition is generosity.*

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