

**“Lockdown Lessons”**  
**Learn to Be Content - Philippians 4:10-23 Sermon Questions**

**INSTRUCTIONS:** Leaders, check out some fun Connection Activity ideas for your group time, which are posted on our Chapel website Small Groups page under “virtual group resources.” We encourage you to come up with your own “introduction” question to begin your group discussion, and to end your group time in prayer.

**Read Philippians 4:10-23. Ask God to fill you with His Spirit as you read through the passage.**

“I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11 I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12 I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do all this through him who gives me strength.

14 Yet it was good of you to share in my troubles. 15 Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; 16 for even when I was in Thessalonica, you sent me aid more than once when I was in need. 17 Not that I desire your gifts; what I desire is that more be credited to your account. 18 I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. 19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.

20 To our God and Father be glory for ever and ever. Amen.

21 Greet all God’s people in Christ Jesus. The brothers and sisters who are with me send greetings. 22 All God’s people here send you greetings, especially those who belong to Caesar’s household. 23 The grace of the Lord Jesus Christ be with your spirit. Amen.”

1. Read verse 18 and take note of how Paul expresses his contentment. How are you responding to the lockdown or any other difficult circumstance you’re in right now? Compare Phil 4:18 with Phil 2:14. What’s the connection? Try to pay attention to how many times you complain or grumble during the day. During those moments, turn to God in repentance, ask for His help and tell Him specific things for which you’re thankful.
2. Read Phil 4:11. How do you think Paul was able to accept his circumstance? Read Romans 8:28-29. Write these verses down somewhere you can see it every day so you can be reminded of its promise. How does this promise help you to surrender and accept your circumstances?
3. One of the benefits of contentment, as Pastor Dave explained, is the freedom of self-forgetfulness. How does contentment cause you to be less self-absorbed? Read Phil 2:25-30. How does Epaphroditus model self-forgetfulness? Attractiveness is another benefit of contentment as Pastor Dave mentioned. Read Phil 1:12-14. What happened as a result of Paul’s attitude in prison? What was the response of those around him? Joy is another sign that we have contentment. According to Phil 4:10-18, do you think joy is circumstance dependent or a choice we make? Read Phil 2:4 and Hebrews 13:5-6. Where do we find joy?
4. Discuss a time you learned to be content in the midst of a difficult situation? Reread verses 11-12. What is the key repeated word that describes how Paul attained contentment. As Pastor Dave stated, it is not natural. It is a process.
5. Read verse 13 and underline where Paul gets his strength in verse 13. Then Read John 15:5. How do we produce anything of value? Christ’s power is the secret to attaining contentment. How can you in a practical way stay more connected to Christ during your day and receive the power you need to be truly content? Discuss some ideas amongst the group. Pray that the Lord will enable you to follow through on them.