



# THE *SECRET* OF CONTENTMENT

## **The Secret of Contentment**

*To Die is Gain* | Week 2 | Devan Bumstead

Philippians 1:12-30

### **You're just not that happy...**

- Instagram Envy
- Happiness is a consumer product
- Americans are the most anxious people on the planet

### **Philippians 4:11b-13 | NIV**

...I have learned to be content whatever the circumstances. 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. I can do all this through Him who gives me strength.

*“A carefully cultivated heart will, assisted by the grace of God, foresee, forestall, or transform most of the painful situations before which others stand like helpless children saying, “Why?” (Dallas Willard, Renovation of the Heart)*

### **Philippians 1:12-18 | NIV**

#### **Paul's secrets to contentment:**

- Prioritize the message of the gospel
- See every situation as an opportunity
- Reject comparison
- Be secure in your calling
- Find confidence in Christ

### **Philippians 1:18b-21 | NIV**

#### **Paul is confident in:**

- The provision of the Spirit
- His deliverance
- His shamelessness
- His final destination

## **LIFE GROUP QUESTIONS**

**SHARE:** On a scale of 1-10, how content would you rate yourself?

**SHARE:** Do you feel like your contentment has increased or decreased over the last 10 years? What has changed?

**SHARE:** Do you relate with the article that Devan read regarding Instagram Envy? Do you feel social media has contributed to a general lack of self-confidence?

Consider watching, *The Social Dilemma*, a documentary on Netflix highlighting how artificial intelligence in social media is contributing to the breakdown of society.

**READ:** Philippians 4:11-13

**CONSIDER:** How we define contentment is crucial for how we process this message series. Devan presented some alternate definitions of contentment, explaining what the word meant in relation to how Paul used it in this passage. For example, contentment is not stoicism, apathy, emotional monotony, a carefree or careless attitude, or passivity. What are some other ways Devan described contentment in light of Paul's life and writings?

**READ:** Philippians 1:12-18

**DISCUSS:** What are the evidences of Paul's contentment in this passage?

**SHARE:** Have you ever been emboldened by someone else's fearless leadership? Have you ever *been the leader*?

**DISCUSS:** What can we learn from Paul's refusal to worry about the false motives of these preachers?

**READ:** Philippians 1:18b-21

**DISCUSS:** Trace all the elements Paul was confident in.

**SHARE:** How does this passage challenge you to put your confidence in Jesus?

**SHARE:** Did you feel prompted to make a decision for Christ or renew your commitment to magnify Him with your life? If so, share with the group.

**PRAY**