



**PHILIPPIANS:
ENJOYING LIFE**
An interactive Bible study for
individuals, families,
and LIFE Groups

~ Week Fourteen ~
"Learning To Be Content"
Philippians 4:10-13

SERMON NOTES

Record your insights and observations from this week's sermon:

Thanks for using UPC's weekly Bible study guide. We pray that this tool will help you RECALL what you heard in the Sunday sermon, REFLECT on the Scriptures more fully, and RESPOND with love to God, church, and community. If you miss a sermon, or would like to review it, visit our website: www.upc-orlando.com.

WARM UP

Share about a time in your life when you experienced the truth of Philippians 4:13 – "I can do everything through Him who gives me strength."

RECALL THE SUNDAY SERMON

Read Philippians 4:10-13

a) How did God speak to you personally through this week's sermon?

b) Why does Paul call contentment a "secret"? (vs. 12)

c) Define contentment in your own words:

d) Explain how this verse holds the key to being content in all circumstances: "I can do everything through Him who gives me strength" (vs. 13).

REFLECT A BIT FURTHER

a) The Bible is full of stories about people who either failed or succeeded in learning the secret of contentment. As an example, read **Exodus 17:1-7** and answer the following questions:

- What negative circumstances were the people of Israel facing?

- What was their reaction to these circumstances?

- What do you think explains their failure to be content?

- Can you relate to the people of Israel in this instance? Think of a time when you “put the Lord to the test” by quarreling instead of being content.

b) Paul says that contentment is something we must “learn” (vss. 11-12). Why is that?

c) To some degree, all of us are affected by the “greener grass syndrome.” We think that happiness can be found through a change in our circumstances. For you, what appears to be the “greener grass” these days?

RESPOND TO GOD’S WORD

a) To learn the secret of being content, we must remind ourselves that happiness is not found in circumstances. Even if you got the “greener grass” that you described in the preceding question, why would it not really satisfy?

b) Rewrite Philippians 4:13 in your own words, making it as personal as possible:

PRAY FOR UPC

Please pray this week for:

- **Pastor Mark Bates and his family** as they enjoy a time of vacation.
- **Scott Brown and Andrew Dishman**, on their way home from Afghanistan with their National Guard unit.
- **Ande Johnson** – Ande is studying for his ordination exams and raising funds so that he can become campus minister at UCF with Reformed University Fellowship (RUF) this fall.
- Our **High School Youth Group** – Paul Martin and a group of our students leave today for summer camp at Covenant College. Pray for a spiritually challenging and refreshing time as speaker Erik Braun from Tallahassee relates God’s Word to high school students from all over the southeast.
- **Dave & Sue Imbrock**, our missionaries with Global Hope Network in France – Due to increasing costs of doing ministry, as well as family needs, they need to raise an additional \$4,000 a month. Pray for Dave’s upcoming support trip to be fruitful. Also, his mother Pam is a resident of the LifeCare Center and continues to decline physically.