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## **C. STRENGTHENING CHARACTER**

What does contentment look like to you?  
How do you find joy and peace?

### C.2: I want to be moving from discontentment to contentment [PHILIPPIANS 4:11-13]

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#### **A STORY**

Complaining and griping characterized Roger's life in the Navy. His addiction to alcohol and was making a mess of his life. After a car accident, God got his attention and he trusted Christ for his salvation. However, he was a new believer and was not growing. It seemed like he and everyone on the ship were unhappy about something. It was either their job, the food, the conditions, the fellow sailors and many other things. Roger would complain and gripe about everything. To help him someone shared verses from the Bible about not complaining.

After going over the Scripture and applying them in his life, his gratitude produced growth and love for God which was amazing. It was a delight to see him grow

Complaining was stunting his growth.

#### **DIGGING INTO THE BIBLE**

We can see that the Apostle Paul was experiencing a lot of difficulties in his life and ministry. He saw the difficulties from God. He had learned something through the good and bad. Let's see what we can learn from his writings and apply.

#### **Philippians 4:10-13:**

*<sup>10</sup> 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. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> I can do all this through him who gives me strength.*

**DISCUSSION AND DISCOVERY**

1. Paul describes a secret that he has learned in contentment. What do you think it was?

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2. What would it look like if you learned to be content?

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3. What does it mean to be content?

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4. How would it feel for you to be content?

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5. What does it mean that "I can do all things through Christ who strengthens me?"

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**APPLICATION AND ACCOUNTABILITY**

6. What has caused some of your discontent?

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7. What do you think was at the key of Paul's learning contentment?

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8. What can you learn from this?

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9. What steps can you take to be content?

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10. When will you take them?

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**DIGGING IN DEEPER**

1. What is the most important part of this lesson to you? Explain.

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2. How do you see applying aspects of this lesson to your life?

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3. When do you feel would be the best time to make that application?

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4. What do you hear the Lord speaking to you about this right now?

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**SIMILAR VERSES IN THE BIBLE**

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