

Ice Breaker

(in groups of 2 or 3 for larger groups)

Share about a summer adventure you remember taking as a child. Where did you go? With who? Why did you love it or not?

Talk About it!

Part 1

Read Philippians 4:10–11 and talk about it:

1. Share about a time when you experienced peace and gratitude even though your circumstances weren't ideal.
2. What helped you reframe your situation with contentment?
3. How will you apply “accepting with gratitude what is” right now in your life?

Part 2

Read Philippians 4:12–13 and talk about it:

1. Share about a time when you had to trust Jesus in a season of lack, or in a season of overwhelming abundance.
2. What was the hardest part?
3. How did Christ strengthen you for that?

Part 3

Read Philippians 4:13 and talk about it:

1. This verse is often quoted out of context. In light of everything Paul says here, what does it really mean to say “I can do all things through Christ who gives me strength?”
2. How could reframing it impact your thinking this week?

Part 4

Read 1 Timothy 6:6 and Hebrews 13:5 and talk about it:

1. Give an example of how you've seen discontentment or comparison steal joy and clarity in your life.

Part 5

Read Philippians 4:14–17 and talk about it:

1. Share about a time when God prompted you to be generous toward the mission of Jesus, and it brought unexpected blessing.
2. How is God nudging you to live with open hands toward His mission right now?

Part 6

Read Philippians 4:18–19 and talk about it

1. Share about a time when God provided for you in a surprising or even miraculous way.
2. How did it build your faith?
3. What need are you trusting God to supply right now, and what promise from this passage speaks to that?

Part 7

Read Philippians 4:23 and talk about it:

1. Paul ends this powerful letter with a blessing of grace. In your own words, what does it mean for the “grace of the Lord Jesus Christ to be with your spirit?”
2. How could that truth carry you through whatever you’re facing right now?

Group Prayer Time

- Pray for the spirit of generosity to move through the group
- Pray for contentment in your life and for joy through all circumstances
- Pray for the Lord to strengthen you
- Anything else as the Spirit prompts