

# Week 6 : Philippians 4:10-20



## Read Philippians 4:10-20

1. What does it mean to be content?
2. Why is it important to be content in our circumstances?
3. What things stop you being content?
4. In v11, Paul speaks about finding content . What does he mean by this?
5. Describe some “lows” and “highs” have you faced recently?
6. Can you explain how Christ might have strengthened you through those times.
7. Reading v13, can we really do ALL things through Christ, or are there limits?
8. Paul then goes on, v14-20, to explain that we still need to share out troubles – why would Paul say this?
9. In what ways does God meet our needs?
10. We often find it easier to give help than receive it – what times can you remember when you have struggle to achieve help.
11. Which of these do you find easy to accept?
12. In what ways do we sometimes struggle to accept help.
13. Spend some time exploring how you can encourage each other as a home group both in terms of celebrating the highs and supporting in the lows.

Please remember we have a pastoral team so if anything feels too big for you as a group to contact Loretta or Stuart.

# IN CHRIST