

# HERITAGE PARK

---

ALLIANCE CHURCH

Week 5 - The Joy of Contentment

## Joy-Full

Encouragement from the Book of Philippians

### *Philippians 4*

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gracious spirit be known to all. (4-5)*

*The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. The God of peace will be with you. (7)*

*I have learned the secret of being content in any and every situation. I can do all this through Him who gives me strength. (12-13)*

*My God will meet all your needs according to the riches of His glory in Christ Jesus. (19)*

### Reflection Questions

1. How do we consciously obey the command (!) to rejoice? Why is the qualification “in the Lord” important? (4)
2. The word gentleness (5) is rich and difficult to translate into one English word. How could the church work to be known for her reasonable, gracious responses to society, even if we are attacked or misunderstood?
3. What is the process that Paul describes for dealing with anxiety? (6-9) How might this relate to everyday concerns, or to a clinical anxiety disorder?
4. Trace the ins and outs of Paul’s sensitively worded thank you to the Philippians. What misunderstandings does he want to avoid? (10-19)
5. Verse 13 is famous- are there qualifications to the ‘all things’ we can do through Christ? What specifically is Paul stating he can ‘do’ through Christ? (see verse 12) What is harder, finding contentment with little, or with much?

