

1. What does Paul mean when he says he has “learned to be content” in every circumstance?
2. Why do you think contentment is something learned instead of something that comes naturally?
3. Which is harder for you personally: trusting God in hardship or trusting Him in seasons of comfort and success? Why?
4. How is Philippians 4:13 commonly misunderstood in today’s culture?
5. In the context of this passage, what does “I can do all things through Him who strengthens me” actually mean?
6. What are some ways people try to find strength apart from Christ?
7. Can you think of a difficult season where Christ gave you strength to endure?
What did that look like?
8. How does Christian community help strengthen believers during hard times?
9. What is the difference between God supplying our needs and God fulfilling all our wants?
10. What is one area of your life right now where God may be inviting you to depend on Him more deeply?