

Lesson 10 — Gratitude and Contentment

Philippians 4:10–20 · 1 Thessalonians 5:16–18 · Luke 17:12–19

Name Date

> *The secret turns out to be a Person.*

Follow Along

1. The number you prayed for becomes the number you're _____ on.
2. Philippians 4:11 — I have _____ to be content in whatever circumstances.
3. Philippians 1:13 — Paul wrote this thank-you note under _____.
4. Philippians 4:12 names six circumstances, and half of them are _____ times.
5. Learned the secret is the mystery religions' word for being _____.
6. Philippians 4:13 — all things means the circumstances of verse _____.
7. 2 Timothy 4:17 — But the Lord stood with me and _____ me.
8. 1 Thessalonians 5:18 — Give thanks _____ everything.
9. Luke 17:17 — Were not ten cleansed? Where are the _____?

Six Circumstances, Three Pairs

Write a season of your own life under the pair it fits.

LITTLE AND A LOT	WELL FED AND HUNGRY	ABUNDANCE AND NEED
Make do with both, Philippians 4:12.	*The full table and the empty plate.*	*Half of the six are good times.*

Plenty and Need

Read each line, then write what it warns or promises.

	THE WORDS	WHAT IT WARNS OR PROMISES
Deuteronomy 8:11	*Be careful that you don't forget the LORD*	
Proverbs 30:9	*I might have too much and deny you*	
Philippians 4:19	*my God will supply all your needs*	
Romans 1:21	*they did not glorify him as God or show gratitude*	

The One Who Came Back

But one of them, seeing that he was healed, returned and, with a loud voice, gave glory to God. He fell facedown at his feet, thanking him. And he was a Samaritan, Luke 17:15–16.

Ten were cleansed and one came back. What has God answered for you that you never went back to thank him for?

Where Is Your Enough?

Four questions to take home. Answer the ones you would not say out loud.

1 What is the number, the change, or the thing you have been telling yourself would make it enough?

2 Which tempts you more right now, the hard-year doubt or the easy-year forgetting?

3 Name something you are in the middle of. What is still true of God inside it?

4 Where has your sense of enough been tied to something that could be taken away?

Before Next Week

- [ ] Each evening, before you ask God for anything, thank him out loud for things from that day, specific enough that you could point to them.
- [ ] Write a thank-you note to someone in the church who has cared for you, and put it in their hand or in the mail.
- [ ] Read Proverbs 2:1–11 and Ephesians 5:15–17. In Proverbs 2:1–4, count the times the father says if, and look at verse 6 to see who gives the wisdom.