



Satisfaction Is Learned

September 16, 2012

[Philippians 4:10-13](#)

We live in a culture of more. The desire for success drives us in our jobs. We have to have a newer car, a bigger house, a nicer vacation. We aren't satisfied unless we have more, which means we'll never be satisfied. Are we doomed to a life of discontent, or can we learn how to be content with what we have?

Consider & Discuss

1. When you think about your life, with which areas are you most content?
2. If you could change one thing about your life, what would it be? Why?
3. Some people equate contentment with complacency. Do you agree? Why or why not?
4. Do you think we can be content and yet strive to improve our lives? How can we do that without becoming discontent?
5. Read [Philippians 4:10-13](#). How do you react to Paul's claim that he had learned to be content in all circumstances?
6. What advice would you give a friend who asked you how they could grow in contentment? How can you apply that advice to your own life?

Live It

1. Each day this week, list three things for which you are thankful. Share one of those with a loved-one or friend.
2. Spend some time each day praying about an area of your life with which you are not content. Ask God to help you to find an increasing measure of contentment in that area.
3. Contentment is one of the major themes of the Book of [Philippians](#) in the New Testament. Read the entire book this week, preferably a portion each day. If you finish the book before the week is over, read it again! Each day look for one truth you can prayerfully apply to your life that day.