

Thread: **Choosing Jesus as our highest goal of thought and action brings breakthrough clarity.**

<sup>11</sup> *Not that I was ever in need, for I have learned how to be content with whatever I have.*

<sup>12</sup> *I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little.*  
**Philippians 4:11-12 NLT**

## UNDERSTANDING CONTENTMENT

It's not \_\_\_\_\_ I have, it's \_\_\_\_\_ I am.

- **Why?**

<sup>11</sup> *Not that I was ever in need, for I have learned how to be content with **whatever** I have.*

**Philippians 4:11**

*"Wealth is like seawater; the more we drink, the thirstier we become..."*

- Arthur Schopenhauer

It's not \_\_\_\_\_ I am, it's \_\_\_\_\_ I am.

<sup>12</sup> *I know how to live on almost nothing or with everything. **I have learned the secret of living in every situation**, whether it is with a full stomach or empty, with plenty or little.*

**Philippians 4:12 NLT**

**Choosing Jesus as our highest goal of thought and action brings breakthrough clarity and brings us to contentment.**

*"For I can do everything through Christ, who gives me strength."*  
**Philippians 4:13**

### Challenge:

- Where do you need contentment in your life?
- How can you begin to choose Jesus as your highest priority in that area?

**Check out these FREE online resources:**

#### STUDIES BY DOUG BRITTON:

Trust God to Be with You

[www.dougbrittonbooks.com/resources/trust-god](http://www.dougbrittonbooks.com/resources/trust-god)

Love God, Not Money

[www.dougbrittonbooks.com/resources/loving-money](http://www.dougbrittonbooks.com/resources/loving-money)

Choose joy

[www.dougbrittonbooks.com/resources/choose-joy](http://www.dougbrittonbooks.com/resources/choose-joy)

#### SUMMIT UP DEVOTIONALS:

[heightschurchonline.com/daily-devotionals/](http://heightschurchonline.com/daily-devotionals/)

**HOW IS THIS POSSIBLE?**

## Life Group Homework

For the week of May 16, 2021

### MY STORY

- 1) What sport would you compete in if you were in the Olympics?
- 2) What is your favorite breakfast food?

### QUICK REVIEW

- 3) What was your takeaway from Sunday's message?

### DIGGING DEEPER/ TAKING IT HOME

<sup>2</sup> Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. <sup>3</sup> And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life. <sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice! <sup>5</sup> Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

#### Philippians 4:11-13 NIV

- 4) What has Paul learned, and in what situations does he experience what he learned?
- 5) What is contentment, and what does it look like in your life?
- 6) Why is contentment so hard?
- 7) How does Paul find contentment? What is the secret?

- 8) This verse is used out of context so much that we are probably familiar with it. You see it on sports jerseys and inspirational quotes, but I believe that context is priority when interpreting the Bible. What was Paul talking about? What is the context?

- 9) What in your life do you need to shift to find more contentment in Christ? How would your life be different?

### CHAIR TIME TOOL

Think and pray about the following questions.

- 1) Lord, show me where I need to find contentment in You.
- 2) Help me to surrender whatever is holding me back from contentment with You.
- 3) Is there anyone You want me to share this with? Help me to see the open door and to walk through it when it comes.

### Summit Up Devotionals:

- 4) Tune in to our daily devotionals to be inspired and encouraged. Our team shares insights into scripture along with their personal stories. These short videos offer real hope for real people and will help you in your journey of becoming a fully devoted follower of Jesus. Join us for a few minutes each weekday as we experience God together.

Sign-up at [heightschurchonline.com/daily-devotionals/](https://heightschurchonline.com/daily-devotionals/) to have them delivered to your inbox. Also available through our church app and Facebook page.