

Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition -Jeremiah Burroughs

- We are discontent not because of our circumstances, but because we are sinful.
- Contentment is partially learned in two ways:
 - Head
 - Hands
- Contentment is fully learned in a heart made new by the gospel.

Community Group Questions

Discussion Questions:

1. Consider the definition of contentment given in the sermon by Jeremiah Burroughs. How would you grade yourself on contentment according to this definition?
2. Of the three places we tend to look for contentment (entertainment, stuff, relationships), where do you find yourself most often looking for contentment? How does that play out?
3. Of the two partial ways we learn contentment (head and hands), which do you tend to learn from more? Share something from your own life that you knew to be true but didn't act on it or something you experienced that didn't line up with what you knew to be true.
4. How would you explain to someone how they can find true contentment using Philippians 4:13?
5. What are some ways you can rehearse the gospel to yourself this week?
6. Based on your study of Philippians, define contentment in your own words.