

GROUPS DISCUSSION GUIDE

Get Into The Word



Week of Sunday July 27, 2025

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Living out our God-given calling as we follow Jesus and make disciples every day.

Introduction

The pursuit of contentment often eludes us in a world driven by constant craving and comparison. Reflecting on Philippians 4:10-19, we find valuable lessons from Paul, who teaches us that true contentment is rooted in dependence on Christ, not external circumstances. Despite various trials, Paul learned to remain even-keeled, drawing strength from his relationship with Christ. This challenges us to shift our perspective, focusing on God's provision, and embracing His unchanging truths can transform our understanding of contentment and our response to life's challenges.

Disciple Measure

Spirit-led Follower: What has your attention, thoughts, and energy, and how does it affect how you live your day-to-day life?

Discussion Questions

Will God Meet All my Needs?

HIGHLIGHT

Have someone read aloud...

[Philippians 4:10-19](#)

EXPLAIN

Discuss the following questions...

Opening Question: How would you define contentment? Share a time when you felt truly content.

1. What role does reliance on Christ play in achieving true contentment?
2. What does the story of Paul's reliance on God's provision tell us about the relationship between God's supply and human need?
3. What affect does always craving more versus being content in Christ have on people?
4. What practical steps can be derived from Philippians 4 to help believers shift their perspective and focus from craving more to contentment?

Have someone read aloud [Matthew 6:25-34](#).

5. What does Jesus teach us about contentment and worry in this passage from Matthew?

Notes:

Discuss the following questions...

1. Why do you think those who have so much are often the least content?
2. How can you practice contentment in your daily life, especially when faced with challenging situations or when things don't go as planned?
3. What are some things you focus on too much that rob you of your contentment in Christ?
4. How can you refocus on Christ and His sufficiency this week?

(Additional Passages: Jeremiah 29:11, 2 Corinthians 9:8, 2 Corinthians 12:9)

Force for Good: Who is someone in your life you can encourage and support during difficult times like the Philippians did for Paul? How can you invest in this person this week?

Ask the Lord to help us find our contentment in Him alone, and teach us to trust in His provision and to focus on the eternal rather than the temporary. Ask for strength to be content in all circumstances, knowing that He is always with us.

Questions for Families

Here are some questions you can discuss with the whole family.

Philippians 4:10-19

What does this passage tell us about God taking care of us?

For young children, discuss how God knows and cares about our needs, just like a parent does. For older children, explore how God's provision might not always mean getting what we want but trusting that He knows what we truly need.

How do you think we can learn to be content like Paul in the Bible?

With younger children, focus on the idea of being happy and thankful for what God has given them, like their family or friends. For high school students, discuss deeper concepts of finding joy in all circumstances and why it might be hard in today's world.

What should we do when we feel like we don't have what we want?

Younger children can brainstorm ways to ask God for help, like through prayer. Older students can discuss how to focus on what is good and honorable around them, using activities like writing gratitude lists or setting realistic goals.

NT 260

WEEK: 31

- Hebrews 4
- Hebrews 5
- Hebrews 6
- Hebrews 7
- Hebrews 8

MEMORY VERSE: Matthew 6:16-18

Resources

Resources to Listen to

BEMA Discipleship Podcast - Philippians



Marty Solomon takes a deeper dive into the faith of the [Philippians](#).
(14 min)

Resources to Watch

Bible Project Guide - The Book of Philippians



See a collection of videos and articles to guide you through the book of [Philippians](#).
(20 min)

Bible Project Guide - Do Not Worry



What does Jesus mean when he says “[do not worry](#)”.
(3 min)

Life Group Resources

We have a variety of resources and are continually adding new ones. Some of our resources include group launch guides, on-demand training modules, and curriculum resources. To request a resource, reach out to us at groups@longhollow.com.

D-Group Resources

If you or someone you know would like to start a D-group, we have everything you need, including reading plans, journals, and a launch guide to walk you through the first four meetings.



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Commentary

Notes:

What’s Going On?

This passage comes from a letter written by the Apostle Paul to the Christian community in Philippi, a city in ancient Macedonia. Paul’s letter to the Philippians is full of encouragement, teaching, and expressions of joy, even though he was writing from prison. In Philippians 4:10-19, Paul talks about finding contentment in all circumstances, whether he has plenty or is in need.

He assures the Philippians that he is able to do this through Christ, who gives him strength. Paul uses this section of the letter to thank the church for their financial support, explaining that their gifts are not just helpful but also a way for God to meet his needs. This part of the letter is heartwarming, as it shows the deep bond and mutual care between Paul and the Philippian believers. He emphasizes that his joy doesn’t come from the material things he receives, but from his relationship with Christ, illustrating the Christian principle of relying fully on faith for sustenance.

Biblical Timeline



Notes:

A Bit of Background

Paul's letter to the Philippians was written around 60-62 AD while Paul was under house arrest in Rome. This historical context is vital because it highlights the challenging circumstances Paul was in when he wrote about contentment and joy. The city of Philippi was a Roman colony with a mixed population of Romans and local Greeks, known for its strategic location and its patriotic loyalty to Rome. The Philippian church was one of the first Christian communities that Paul established in Europe, as recounted in Acts 16. The church at Philippi was known for its generosity and affection towards Paul.

They consistently supported his missionary efforts, even when he was hundreds of miles away. This letter reflects the reciprocal relationship they shared, with Paul offering spiritual encouragement and guidance, while the Philippians provided material support. Understanding this background helps explain why Paul would focus on themes of contentment and provision. He wanted to reassure them that even in his imprisonment and their financial sacrifices, God was faithful to meet every need, reinforcing the importance of relying on God's provision rather than human resources.

Philippians Approx. Written
Early 60 AD

Today's highlighted
passage and other
related passages

Birth of
Christ

Crucifixion
and Resurrection

Book of
Revelation

Sermon Notes

Philippians 4:10-19 CSB

I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. I don't say this out of need, for I have learned to be content in whatever circumstances I find myself. I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content whether well fed or hungry, whether in abundance or in need. I am able to do all things through him who strengthens me. Still, you did well by partnering with me in my hardship. And you Philippians know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone. For even in Thessalonica you sent gifts for my need several times. Not that I seek the gift, but I seek the profit, that is increasing to your account. But I have received everything in full, and I have an abundance. I am fully supplied, having received from Epaphroditus what you provided a fragrant offering, an acceptable sacrifice, pleasing to God. And my God will supply all your needs according to his riches in glory in Christ Jesus.

(Get digital notes on your mobile device at notes.longhollow.com)

Living out our God-given calling as we follow Jesus and make disciples every day.

Spirit-Led Follower

A disciple who walks with Jesus daily, anchoring their lives to God's Word and obediently following the Holy Spirit where He leads.

Intentional Friend

A disciple who is always looking for ways to care for others and meet their needs. This is a practical way to be present in the lives of those around us.

Humble Guide

A disciple who is a humble guide takes every opportunity to help people take their next step closer to Jesus. This is someone who is constantly looking for opportunities to have Gospel conversations and speak truth into someone's life.

Force For Good

When a disciple lives out their God-given calling, they naturally become a force for good where they live, work, and play. This type of person is looking for opportunities to meet needs, heal brokenness, and bring tangible hope to the people in their life and in their community.



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