

# Beyond Sunday

6.14.2026

**The Secret of Contentment** — *Philippians 4:11-13* — Mark Tumney

## Gather

*These questions help build connections with others as you share personal experiences.*

1. Have you ever achieved something you thought would make you happy or content, only to discover it didn't satisfy you the way you expected? What was that experience like?
2. When life feels uncertain or difficult, where are you most tempted to look for security, comfort, or peace?

## Grow

*These questions guide your group through scripture from Sunday's sermon, helping us better understand God's Word and His work in our lives.*

### Read **Philippians 4:11-13**

"I have learned to be content whatever the circumstances... I can do all this through him who gives me strength."

- 1. What does Paul say he has "learned" in these verses?**
  - Why is it significant that contentment was something Paul learned rather than something that came naturally?
  - What circumstances does Paul mention?
- 2. How does understanding the context of Philippians 4:13 change the way we often hear or use this verse?**
  - What does "all things" refer to in this passage?
  - How is Paul's meaning different from the popular interpretation of the verse?
- 3. Throughout Philippians, what seems to be the source of Paul's joy and contentment?**
  - Consider Philippians 1:21 ("For to me, to live is Christ and to die is gain.")
  - Why could Paul remain joyful even while imprisoned?

#### **4. Read Romans 8:38-39.**

- What does this passage teach us about God's love in Christ?
- How might this truth provide stability during difficult circumstances?

## **Give / Go**

*These questions help us apply God's Word through faithful action and life change.*

- 1. Is there anything you believe you need in addition to Christ in order to be truly content or okay?**
  - What might God be revealing to you about that desire?
  - How could that desire be competing with your trust in Christ?
- 2. What is one practical step you can take this week to deepen your trust that Christ is enough?**
  - Is there a worry you need to surrender?
  - A habit of gratitude you need to practice?
  - A circumstance where God may be inviting you to trust Him more deeply?

## **Prayer**

### **Prayer Direction:**

Invite group members to share areas where they are struggling to trust God or where they are looking to something other than Christ for contentment. Pray that God would continue teaching each person the secret Paul learned—that Christ is near, Christ is enough, and nothing can separate us from His love.

### **Scripture Prayer (Romans 8:38-39):**

Lord Jesus, remind us that neither death nor life, neither present circumstances nor future uncertainties, nor anything else in all creation can separate us from Your love. Teach us to find our rest, security, and joy in You alone. Amen.

### **Prayer Question:**

Where do you most need God's help this week to trust that Christ is enough?

## Going Deeper

*If you are interested in exploring the themes of this week a bit deeper, check out one of these resources:*

### Video

- Become New with John Ortberg: *What Philippians 4:13 Really Means*
- <https://www.youtube.com/watch?v=V6ydufvKtml>

### Practice

- Daily Gratitude and Surrender Prayer
  - ◆ Each day this week, identify one thing you are tempted to depend on for security or happiness. Thank God for it, then consciously surrender it to Him in prayer, affirming that Christ is your ultimate source of joy.