

**In Transit—Paul  
Study Questions  
Philippians 4:11-13**

**Warm-up**

**1) What are some characteristics of someone who is content versus someone who is not content?**

**What are some ways our society makes it hard for a person to be content, or easy for a person to be dissatisfied?**

**2) Has there been a time when you faced hardship or major disappointment, but you were still content overall?**

**Or conversely, has there been a time when everything seemed to be going just fine, but you were uneasy or unhappy?**

**Describe the situation. Why did you feel the way you did?**

**A little deeper**

**3) [Philippians 4:11-12]** Paul found contentment in many situations: beaten and imprisoned (Acts 16:22-25), shipwrecked (Acts 27:27-44), and snake-bitten (Acts 28:3-6), to name a few (a more complete list is in 2 Corinthians 11:23-28). **Who are some others that were content in difficult circumstances? What was their source of contentment?**

**4) [Philippians 4:13]** Paul was given contentment and strength from the same source. **What was the source of Paul's contentment? How do you think Paul found that contentment?**

**Bringing it home**

**5) What are some ways you've reacted to negative things that have happened in the last week or so?**

**What were you focused on when you had those reactions?**

**6) [Hebrews 12:1-3]** Based on the first few verses of Hebrews 12, where should be focused when we might grow weary or lose heart?

**How easy or hard do you find it to keep your focus on Jesus when things get difficult? Why do you think that is—what tempts you to focus on circumstances, extreme outcomes, etc.?**

**7) [Matthew 14:25-31]** When God calls you to do something in His strength, rather than your own, it is vital to remain focused on Him rather than your circumstances. **What can you do differently to maintain a stronger focus on God and the task He has set before you?**