

It's A Great Day To Be Alive

2025-11-03 • PASTOR MATT ROSE



Philippians 4:10-13

FOR THE LEADER

These questions help you run the conversation. They are not your study. Get into the passage yourself first, because your group needs what God taught you, not just a list of questions. These also lean on Sunday's message, so a few will not land for anyone who missed it. Watch it before you lead.

WHAT THE MESSAGE WAS ABOUT

Paul wrote the book of Philippians from a prison cell. From that cell he said something surprising: I have learned to be content whether I have a lot or almost nothing. Learned is the key word. Contentment did not come naturally to Paul, and it does not come naturally to us. Pastor Matt said the secret is not trying harder or needing less. The secret is Christ himself supplying what we need. That is what turns a tight fist into an open hand.

To get started

- Think of the happiest stretch of your life so far. How much stuff did you have at the time?

Looking back at the message

'Learned' is the key word in the passage. Land on it early.

- 1 Paul says he learned contentment. He was not born with it. How does that change the way you think about people who seem content?
- 2 Pastor Matt said contentment is not anyone's natural starting place. Babies do not have to be taught to grab. Where do you see the grabbing instinct still at work in adult life?
- 3 Pastor Matt described the tight fist we hold over money, work, and our kids. Sometimes it comes from self-reliance and sometimes from fear. Where is your grip the tightest right now? OPTIONAL

Looking at the passage

Read Philippians 4:10-13 aloud. Verse 13 is usually quoted without verse 12.

- 4 Read Philippians 4:10-12. Paul says he has learned the secret of living with plenty and living with almost nothing. Which of those two do you think is actually harder, and why?
- 5 Verse 13 says I can do all things through Christ who strengthens me. People quote it before ball games and job interviews. What does it actually mean when you read it right after verse 12?
- 6 Paul thanks the Philippians warmly for their gift, then tells them he did not really need it. Why would he say both things?
- 7 Paul wrote this letter from prison. How does knowing that change the weight of the word contentment?

Bringing it home

Contentment is not the same as having no desires. Keep that clear.

- 8 Contentment is not the same as being fine with everything as it is. Paul still worked, traveled, and asked for help. Where is the line between contentment and settling?
- 9 Pastor Matt said self-reliance fails, and so do the shallow supports we swap in for it, like money or comfort. Which one do you lean on when life squeezes you?
- 10 An open hand is not an idea. It is something you do with actual money, time, or stuff. What would an open hand look like for you this month, specifically?
- 11 A lot of us have a quiet finish line: I will be content when. What is your when? OPTIONAL

The group together

The Philippians gave when nobody else did. That is a group model.

- 12 The church in Philippi supported Paul when no other church did. They noticed a need and acted. What need might this group be positioned to notice?
- 13 Comparison kills contentment fast, and groups are full of chances to compare. How can we help each other want less instead of more?
- 14 Who could this group support in a way that actually costs us something?

BEFORE YOU FINISH

What is one thing you have been gripping tightly that you could open your hand around this week?

You might pray about

- For contentment learned rather than pretended
- For those in a season of little
- For those in a season of plenty and its own temptations
- For generosity that notices what other people need