



In your own words, write down what it means to be **content** ...

Read/Study Psalm 37:4-5

1. How does someone delight & commit themselves to God?

Read/Study Philippians 4:11-13

1. What did Paul learn about contentment?

Read/Study Philippians 4:19

1. Why is it important to trust God (not ourselves) for our needs?

**Application:**

1. Make a list of actual NEEDS vs. WANTS
2. Why is being content so difficult for people in our culture?
3. How would your life look differently if you truly were content with the talents and resources that you currently have?

4. What do you dream about all the time that causes unhealthy desires in you and prevents you from being content?
  
5. Why is contentment such an important part of following Christ?

**Take it Home:**

1. Discuss with your parents ways your family could be more content.
  
2. Read/Study 2 Corinthians 12:9-10, write down how you think it is possible to be considered strong even when we are weak.