



Peace-filled Dependence

We're convinced that if we just do the right things, life will turn out the way we want—but what do you do when the formula breaks and you're left waiting, powerless, and discontent?

Discussion Questions:

1. Do you prefer planning everything in advance, or going with the flow and seeing what happens?
2. Why do you think contentment can feel so elusive, even when life is going well?
3. Read **Philippians 4:10–13** aloud. What word or phrase stands out to you most, and why?

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

4. Reflect on the phrase, “I have learned to be content whatever the circumstances.” How close are you to being like that? Elaborate on your answer. Could you see yourself getting significantly closer to learning that type of contentment? Explain.
5. How can both gratitude and prayer help interrupt cycles of discontentment?
6. Where are you currently applying an “if/then” formula in life, and what would it look like to replace it with dependence on God?