

**PRESS ON  
IN CONFIDENCE**

## A STUDY IN PHILIPPIANS AND COLOSSIANS

### LESSON 15 PHILIPPIANS 4:10-13

1. What truth, verse, or insight from last week's study of **Philippians 4:6-9** was meaningful to you and how?
  
2. Pray and ask God what He wants to reveal about your concerns and about true contentment as you read and study **Philippians 4:10-13**.
  
3. a) Paul rejoiced greatly in the Lord in **V10**. Why?  
  
b) Try to think of some possible reasons that the Philippians were unable to show their concern for Paul previously.
  
4. What are some tangible ways that we can show concern for others according to Jesus in **Matthew 25:35-40**? How might one of these be an opportunity for you? Explain.
  
5. From these verses, what are the reasons for showing concern by doing good deeds for others:
  - **Matthew 5:16**
  
  - **Galatians 6:2**
  
  - **Hebrews 13:16**
  
  - **James 2:14-17**

- 
6. The words, "At last" in **V10** give the impression that Paul experienced long periods of feeling no one cared for his needs.
- Read **Psalm 142:4** and comment on how David expressed something similar.
  - What things did David do in **142:5-7** that you could do when you feel the same way?
7. a) What are some truths/promises you can claim about God's concern for you (cite verses if applicable)?
- How does **Psalm 91:11** take God's concern for you to another level? Give a specific example of where you need this reminder.
8. a) According to **Philippians 4:11**, what did Paul learn from his circumstances?
- What have you learned during a time when you thought no one was concerned for you?
- 
9. Re-read **V11**. How would you define contentment?
10. a) In **V12**, Paul learned the secret to being content whether in need or in plenty. Would you say you have learned the secret of being content in your current situation in life? Why or why not?

b) What could be the challenges for someone to find contentment whether:

- In need
  
- In plenty

11. Reflect on and write a truth on Paul's secret to being content in **V13**.

12. Paul taught us new ways to press on in confidence. Name a specific area in your life where you want God to give you strength to:

- Show true concern for someone
  
  - Know true contentment
- 
- 

### DIGGING DEEPER

1. Paul had learned the secret of being content in any circumstances. What are the blessings that flow from that kind of satisfaction according to:

- **Psalm 90:14**
  
- **Isaiah 58:11**
  
- **Jeremiah 31:25**

2. What attitudes go along with contentment according to these verses?

- **Psalm 131:1-2**
  
- **1 Timothy 6:6-8**

3. a) Write out the Suggested Memory Verses: **Philippians 4:12b-13**

b) Using any verses from this Lesson, form a prayer to still any discontent you may have.

**NAME**

**PRAYER REQUEST**