

## OVERVIEW

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Even though Paul faced many hardships, he learned to be content in all circumstances in Christ who gives him strength. How can you grow in Christ-centered contentment when our world and our lives are constantly changing?

## OHANA TIME!

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**Icebreaker:** Summarize 2021 with one word. Share your word and explain why you chose it.

## PRAYER

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**Pray:** Give thanks to God for His faithfulness and goodness this year. Look back at 2021 and give thanks to God for specific occurrences of God's grace.

## BIBLE: PHILIPPIANS 4:10-20

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1. How does Paul conclude his letter to the Philippian believers? How does it compare with Paul's opening of his letter?
2. What kind of hardships did Paul face in his years of ministry? In what ways did he experience need as a missionary and apostle?
3. What was Paul's source of contentment?
4. What is the opposite of contentment? How is it expressed?
5. How is contentment cultivated in one's heart? What are steps one can take to grow in Christ-centered contentment?

## APPLICATION

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1. What were your major highlights or difficult moments in 2021? Looking back, describe a time when you were in need or in want. How did God sustain you and show His faithfulness to you? Share God's testimony with one another.
2. Just like how Paul gave thanks to the Philippian believers for blessing him with gifts and prayers, who are those you can thank as you look back at 2021? Who interceded in prayer for you? Who blessed you with encouragement and love? Give thanks to God for them and extend them a thank you as well!