SERIES OVERVIEW
Life is filled with ups and downs, unforeseen and often unexpected changes. What if you could see life through a different filter? Let's REFRAME our mindset and discover how God has a purpose in whatever comes our way.

BIG IDEA
Paul claims to know the "secret" to contentment in all circumstances. Through his experiences, both good and bad, he's realized, and he reveals to us, the key to contentment: knowing Jesus and being filled with His power and presence.

ICEBREAKER/CHECK-IN QUESTION
- If you were a painting, what kind of painting would you be, and why?

DISCUSS
- Share one or two thoughts that stuck out to you from this week's message.
- Imagine explaining the concept of contentment to *someone else*, who has never heard of it before. How would you describe it in simple terms? How might you encourage them to seek contentment in their own lives?
  - How do you typically define contentment in *your own* life? Has this definition shifted after hearing the message? How?
- Share a personal experience when you felt a sense of contentment, regardless of external circumstances. What factors contributed to that feeling?
- Envy is often seen as the contender of contentment. Can you recall a time when envy affected your ability to feel content? How could reframing your perspective have changed that situation?

READ
- ***PHILIPPIANS 4:12***
- ***1 TIMOTHY 6:6-11***

DISCUSS
- In Philippians 4:12, Paul mentions learning the secret of being content in every situation. How does this idea challenge our idea of contentment tied to external circumstances? How do you think we can actively practice and develop contentment in our daily lives?
- Reflecting on Philippians 4:13, how does knowing Jesus and relying on His power and presence give us the ability to find contentment in all circumstances? Share a personal example of how faith has influenced your contentment.

PRAY
Dear God, help us reframe our perspective and find contentment in you. Thank you for your love and provision. Amen.