



## LESSON TWELVE: HOW TO BE HAPPY

### *Philippians 4:10-23*

1. Contentment has nothing to do with your \_\_\_\_\_ and everything to do with the Lord.
2. Contentment \_\_\_\_\_ to overcome the obstacles to it.
3. Contentment is impossible without \_\_\_\_\_ .
4. Contentment allows me to be free to receive without \_\_\_\_\_ .
5. Contentment recognizes \_\_\_\_\_ as the source of all riches.
6. Contentment allows me \_\_\_\_\_ always and no matter what.

*Commit this verse to memory: : Philippians 4:11b "I have learned in whatever situation I am to be content."*

## Discussion Questions:

Everyone wants to be happy. Don't you? Yet happiness seems one of the most elusive feelings in the world for most people.

One of the most shocking and powerful aspects of the apostle Paul was his ability to live happy. This guy didn't fake it. He didn't hide it. He didn't struggle with it. He simply found the secret to happiness and couldn't wait to share it with us. While the whole letter of Philippians is aimed at joy, this last lesson focuses in on happiness and how to achieve it. This is gold and it's ours for the taking in Christ Jesus!

1. How did Paul *always* rejoice?
2. Can you remember the definition given for contentment? How would you define contentment?
3. Do you remember the five (or some) obstacles to contentment? What hinders you from contentment?
4. What are some things you practice to grow in contentment?
5. Social media is one of the obstacles to joy in modern life. How's your relationships with social media and in what ways do you need to make changes to it?
6. Consider these thoughts and write down what comes to mind.  
*Jesus + nothing = everything.*  
*Contentment is the bold affirmation that my Father knows best.*  
*We're all going to go through various seasons in our life. The key to joy is to learn what Paul learned, which is to be content.*

So how did it go? Did you enjoy the study? What are the top 2-3 things that the Lord has taught you through it?

I have loved being with you these weeks. I pray your joy meter is through the roof. More importantly, I hope you sense the deep, deep love of God for you through His letter to the Philippians.

If you liked "I Choose Joy" I got great news for you! You'll find plenty more free Bible studies to go through on your own or with a group of your friends in a small group. Take some time and look through my website and don't forget to drop me a note and tell me how you're doing!

Email me at [lina@livingwithpower.org](mailto:lina@livingwithpower.org) or use the contact form on my website! Spread the word about these resources. Tell your friends about Jesus!

You are loved,

Lina