



## Key References:

### **Philippians 4:11–13 (ESV)**

<sup>11</sup>Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup>I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup>I can do all things through him who strengthens me.

### **Philippians 4:4 (ESV)**

<sup>4</sup>Rejoice in the Lord always; again I will say, rejoice.

### **Habakkuk 3:17–19 (ESV)**

<sup>17</sup>Though the fig tree should not blossom, nor fruit be on the vines, the produce of the olive fail and the fields yield no food, the flock be cut off from the fold and there be no herd in the stalls, <sup>18</sup>yet I will rejoice in the LORD; I will take joy in the God of my salvation. <sup>19</sup>GOD, the Lord, is my strength; he makes my feet like the deer's; he makes me tread on my high places.

### **Psalms 103:1–5 (ESV)**

<sup>1</sup>Bless the LORD, O my soul, and all that is within me, bless his holy name! <sup>2</sup>Bless the LORD, O my soul, and forget not all his benefits, <sup>3</sup>who forgives all your iniquity, who heals all your diseases, <sup>4</sup>who redeems your life from the pit, who crowns you with steadfast love and mercy, <sup>5</sup>who satisfies you with good so that your youth is renewed like the eagle's.

## **1 – THANKFULNESS**

On Sunday lots of people came forward to share testimonies of God's faithfulness. And we also gathered into groups to share communion together, surrounding those who were struggling. **How did those two things feed our need for community and what did you take away from them?**

**If you were to share a testimony of thankfulness to God on Sunday what would it have been about?**

## **2 – IN ALL CIRCUMSTANCES**

One of the testimonies from Sunday was from Sabrina who shared about God's goodness even though she has been suffering pain through many years. **How can someone be thankful to God whilst still enduring suffering?**

Read Philippians 4:11-13. **What is the secret that Paul the writer has learned to do? How does Philippians 4:4-7 reveal how we can get to the same place?**

**Are you someone who finds it easy to be content in God even in difficult times?**

Read Psalm 103:1-5. **What benefits does this scripture list that God has bestowed on us? Are they future benefits or current experiences?**

## **3 – JOY OF SALVATION**

**Within your non-Christian community would you say that you display a greater satisfaction in life than they do? What things can you learn from your answers?**

Read Habakkuk 3:17-19. **How can God be our strength even when in a time of disaster? How can we practice rejoicing in our salvation?**

**What practices can we start to do to experience a greater satisfaction in God?**