



## Message Outline

Doug Kyle

September 28, 2025

Philippians 4:10-14

# Defusing Discontentment

SERIES: *Crushin' It in Community*

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## 4 POPULAR MYTHS ABOUT CONTENTMENT

Contentment comes from...

Good C\_\_\_\_\_

Phil 4:10-11

Abundant P\_\_\_\_\_

Phil 4:12a

Satisfied A\_\_\_\_\_

Phil 4:12b

Self S\_\_\_\_\_

Phil 4:14

## THE TRUTH ABOUT CONTENTMENT

Contentment comes from...

Knowing God will give me \_\_\_\_\_ for \_\_\_\_\_  
\_\_\_\_\_

Phil 4:13



## **Questions for Further Reflection & Discussion**

Fall Session 2025

Defusing Discontentment | *Crushin' It in Community*

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1. What's one thing you recently wanted really badly—but when you got it, it didn't make you as happy as you thought?
2. Read Philippians chapter 4 vss. 10-14, and review the sermon outline. What stood out for you?
3. Which of the four myths—good circumstances, abundant possessions, satisfied appetites, or self-sufficiency—do you find yourself believing in most often? Why?
4. Can you think of a time when having more “stuff” or getting what you wanted didn't actually bring contentment? How did that feel?
5. Why might self-sufficiency be a trap when it comes to finding contentment? How can acknowledging your weakness help you experience contentment in difficult situations?
6. How would you explain what Philippians 4:13 means after hearing the message? Was this a confirmation to what you thought...or a new idea?
7. What are some practical ways you can remind yourself daily that contentment comes from God, not from your situation?
8. Why do you think discontentment spreads so easily in a group (family, workplace, church)? What are some ways we can push back against that together?
9. If you could memorize one phrase from Philippians 4:10-14 to repeat when you feel discontent, which would it be—and why?
10. Extra credit: For a deeper dive into Sunday's message, check out the Unhurried with Doug Kyle podcast on YouTube or wherever you get your podcasts.