



**Living in limbo land #3**  
**How to be content in the new normal**  
**Philippians 4:10-13**

**Week one: Living with the new normal.**

In the limbo land moments, God is not absent, apathetic, or angry.

**Week two: The purpose of the new normal.**

View your difficulty as a gift from your heavenly father that has both a purpose and a promise.

**1. Paul's \_\_\_\_\_.**

*'Godliness with contentment is great gain... But if we have food and clothing, we will be content with that.'* 1 Timothy 6:6&8 NIV

**You have no idea what or who hangs in the balance of your decision to remain \_\_\_\_\_.**

**2. Paul's \_\_\_\_\_.**

*'I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it.'* Philippians 4:10 NIV

*'I am not saying this because I am in need, for I have learned to be content whatever the circumstances.'* Philippians 4:11 NIV

*'I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well-fed or hungry, whether living in plenty or in want.'*  
Philippians 4:12 NIV

*'I can do all things through Christ who gives me strength.'*  
Philippians 4:13 NKJV

**1. Through Christ's strength, we will kill \_\_\_\_\_.**

*'We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise.'* 2 Corinthians 10:12 NIV

**2. Through Christ's strength, we will cultivate \_\_\_\_\_.**

*'Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.'*  
Romans 12:2 NLT

**3. Through Christ's strength, we will focus on what's going to \_\_\_\_\_.**

*"We fix our attention, not on the things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever."* 2 Corinthians 4:18 NIV

*'I can do everything through Christ who gives me strength.'*  
Philippians 4:13 NIV



Watch and listen to the message again, or an archived message by going to [www.youtube.com/cowplainchurch](http://www.youtube.com/cowplainchurch).



#### SMALL GROUP SERMON DISCUSSION

Each week we will produce the Talk It Over sermon discussion questions, as we would do normally. But as these aren't normal times, we encourage you to use the Talk It Over sermon discussion questions in a different way. Here are some suggestions:

- Immediately after the online experience has ended, grab a cuppa and then sit and discuss the questions with your husband/wife/family. If you are on your own, arrange to ring another person and chat through the questions over the phone or Skype etc.
- If you are able, meet virtually as a small group through the various free online conference resources such as Microsoft teams, Skype, Zoom etc.
- Personally, take some time through the week to quietly reflect and go through the questions on your own and apply the message to your life.

#### Discussion Questions:

1. Think about a season in your life when you were fully content. What was it about that season that fed your contentment?
2. Do you know someone who lives with pervasive discontentment? If so, how does that discontentment affect the quality of his or her life?
3. Read Philippians 4:10–13. Does the kind of contentment the apostle Paul describes seem achievable in your own life? Why or why not?

4. What are some things that make it difficult for you to believe God may do extraordinary and unexpected things through your challenging circumstances?
5. How would your current season look different if you were able to resist the forces, pressures, and temptations of your circumstances?
6. What is your primary source of discontentment right now?
7. What is one thing you can do to live with more contentment from the knowledge that you can't change your circumstances, but Jesus can? How can other Christians support you?
8. How will you cultivate gratitude through Christ's strength this week?