A Life of Thanksgiving
Gail Arterburn 2026

Monday, 9:30 – 11:00 am — Thanksgiving – Lesson 3
To be discussed –11/16/26

1. Paul wrote his letter to the Philippians while in chains as a Roman prisoner – yet it is amazingly filled with joy. What kind of things can rob us of joy?

2. Read Philippians 1:1-11 and Eph. 2:10. What is Paul's basis for having confidence in them and their future in v. 6? What assurance do you receive from that same truth? When will Christ's work in you be complete?

3. Consider how Paul's prayer for them begins in Phil. 1:3 and 9, and ends in v. 11? What could you apply to your prayers?

4. Last week we considered a few of the attributes of God. What *knowledge and insight* did you gain that will help you defeat your "joy robbers"?

5. Read Philippians 4:10-13. What had prompted Paul to rejoice greatly? In whom did he rejoice?

6. What do you think the average person believes would make them content? Does contentment really come from things?(See also Prov. 30:7-9, Isa. 55:1-3, Phi. 3:7-9, Rev. 3:17) Why or why not?

7. In Philippians 4:11 Paul said, "*I have learned to be content*." What was the "secret of being content" that Paul had learned?

8. Read Ps. 23:1 and John 10:10. Is contentment simply accepting and settling for less? Why or why not?

9. Read 2 Cor. 12:7-10. What did Paul learn about God in this passage?

10. Have you learned to be content? If not, why not? What are you lacking that God cannot provide?

11. Read Psalm 118:24. Personal knowledge and experience of God lead us to thanksgiving and gratitude for God. For what will you thank God today?