

Philippians 4:10-11 (ETR)

I am so happy, and I thank the Lord that you have again shown your care for me. You continued to care about me, but there was no way for you to show it. ¹¹ I am telling you this, but not because I need something.

Philippians 4:11-12 (ETR)

¹¹ ...I have learned to be content with what I have and with whatever happens.

¹² I know how to live when I am poor and when I have plenty.

Philippians 4:12 (ETR)

¹²...I have learned the secret of how to live through any kind of situation - when I have enough to eat or when I am hungry, when I have everything I need or when I have nothing.

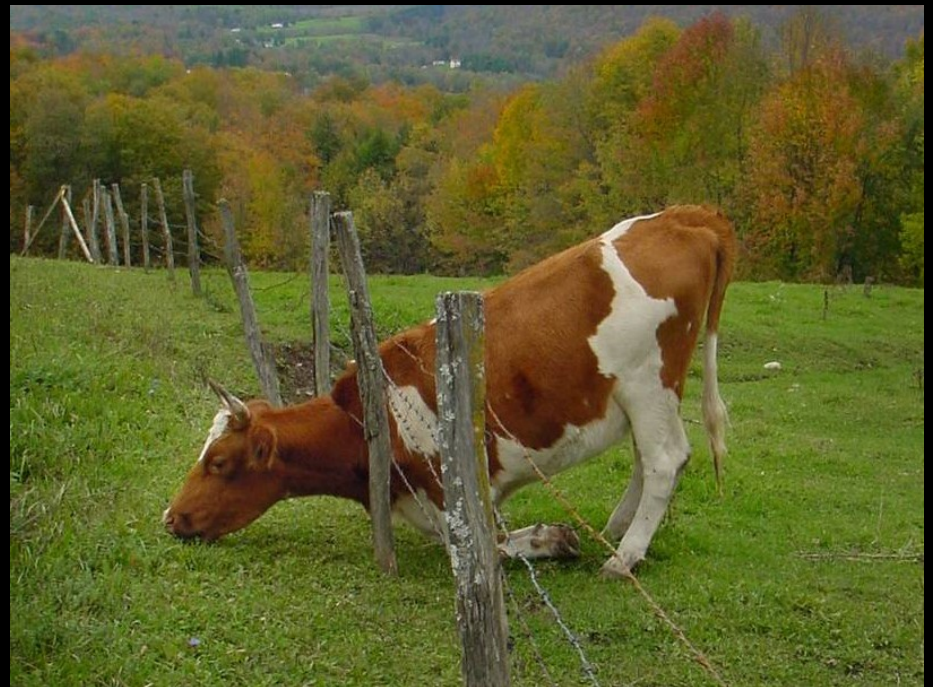
Philippians 4:13 (ETR)

Christ is the one who gives me
the strength I need to do whatever
I must do.

LEARNING to be

CONTENT

Philippians 4:10-13



Contentment Quiz...

- Life is going to be really good when...
- Life would be great if only...
- I know I'd be happier if I had...
- Life was really good back when...

Philippians 4:11-12 (NIV)

¹¹...I have **LEARNED** to be **CONTENT**
whatever the circumstances.

¹²...I have **LEARNED** the **secret of being**
CONTENT in any and every situation...

Philippians 1:7 (NIV)

...for whether **I am IN CHAINS** or
defending and confirming the gospel...

Philippians 1:13-14 (NIV)

...what has happened to me has really served to ADVANCE the gospel. ¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am **IN CHAINS** for Christ. ¹⁴ Because of **my CHAINS**, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.

Philippians 1:15-17 (NIV)

¹⁵ It is true that some **preach Christ**
out of **ENVY** and **RIVALRY**...

¹⁷ ...out of selfish ambition, not sincerely,
supposing that they can **stir up trouble**
for me while I am IN CHAINS.

**→ True Contentment is NOT based
on our CIRCUMSTANCES**

¹¹ ...for I have learned in **WHATEVER
situation I am to be **CONTENT**. (ESV)**

2 Corinthians 4:16-18 (NIV)

¹⁶ ...**we do not lose heart.** Though outwardly we are **wasting away**, yet inwardly we are being **renewed day by day.** ¹⁷ For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

¹⁸ So we **FIX OUR EYES NOT** on what is **seen**, but **ON what is UNSEEN.**

For what is seen is temporary, but **what is unseen is ETERNAL.**

**→ Contentment is NOT Learned
Quickly or Easily**

¹¹ ...I have **LEARNED** how to be
CONTENT with whatever I have. (NLT)

Contentment is LEARNED
through exposure to times of **NEED**
and times of **PLENTY**.
It involves a **regular struggle**
to **BELIEVE** that **Christ IS ENOUGH**.

→ **Contentment is based on total
DEPENDENCE on Christ**

¹³ I can do **ALL THINGS** through
HIM who **strengthens me.** (ESV)

Christian **CONTENTMENT** is rooted
in our **relationship with Christ.**

It flows from our **UNION** and
COMMUNION with our **Savior.**

CCE

Paul is not preoccupied with his situation;
he is **preoccupied with Jesus.**

This is the secret. When you **focus**
on **Jesus**, you can be **CONTENT.**

Lamentations 3:25-26 (NLT)

The **LORD** is good to those
who **DEPEND** on Him,

to those who search for Him.

²⁶ So it is **GOOD** to wait quietly
for salvation from the **LORD**.

¹² I know how to live when I am poor
and when I have plenty. I have learned
the SECRET of how to live through
any kind of situation - when I have
enough to eat or when I am hungry,
when I have everything I need or
when I have nothing. (ETR)

Discontent holds today's **joy**
hostage with a list of demands
of how things **should be**.

Discontent may lead to not only despair,
but also anger, blame, resentment,
rebellion, and addictive behaviors.

RPresson

Psalm 73:25 (NIV)

Whom have I in heaven but You?

And earth has **NOTHING**

I desire besides YOU.

CONTENTMENT...

- is not based on our **CIRCUMSTANCES**
- is not **COMPLACENCY**
- refuses to **COMPARE**
- allows for **DISAPPOINTMENT**
- is based on **ACCEPTANCE**
- means being **THANKFUL**

2 Corinthians 4:7-9 (NIV)

...we have this **treasure in jars of clay** to show that this **all-surpassing power is from God and not from us.** ⁸ We are **hard pressed** on every side, but not **crushed**; **perplexed**, but not in **despair**;
⁹ **persecuted**, but not **abandoned**; **struck down**, but not **destroyed**.