

## 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. <sup>11</sup> I am telling you this, but not because I need something.

## Philippians 4:11-12 (ETR)

<sup>11</sup> ...I have learned to be content with what I have and with whatever happens.

<sup>12</sup> I know how to live when I am poor and when I have plenty.

## Philippians 4:12 (ETR)

<sup>12</sup>...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.

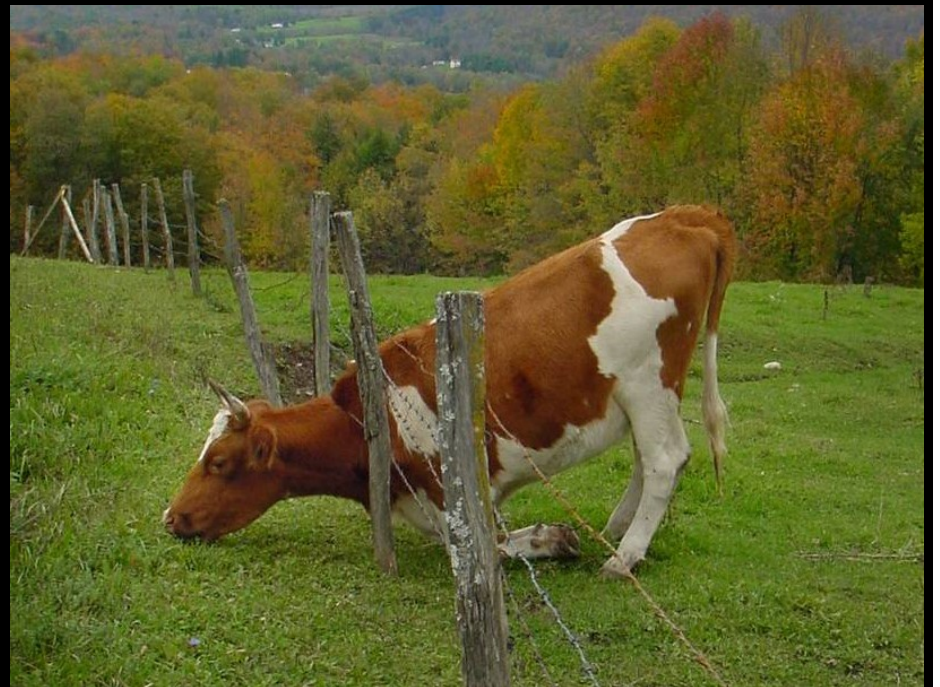
Philippians 4:13 (ETR)

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)

<sup>11</sup>...I have **LEARNED** to be **CONTENT**  
whatever the circumstances.

<sup>12</sup>...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. <sup>13</sup> As a result, it has become clear throughout the whole palace guard and to everyone else that I am **IN CHAINS** for Christ. <sup>14</sup> 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)

<sup>15</sup> It is true that some **preach Christ**  
out of **ENVY** and **RIVALRY**...

<sup>17</sup> ...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**

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

2 Corinthians 4:16-18 (NIV)

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

<sup>18</sup> 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**

<sup>11</sup> ...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**

<sup>13</sup> 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.

<sup>26</sup> So it is **GOOD** to wait quietly  
for salvation from the **LORD**.

<sup>12</sup> 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.** <sup>8</sup> We are **hard pressed** on every side, but not **crushed**; **perplexed**, but not in **despair**;  
<sup>9</sup> **persecuted**, but not **abandoned**; **struck down**, but not **destroyed**.