

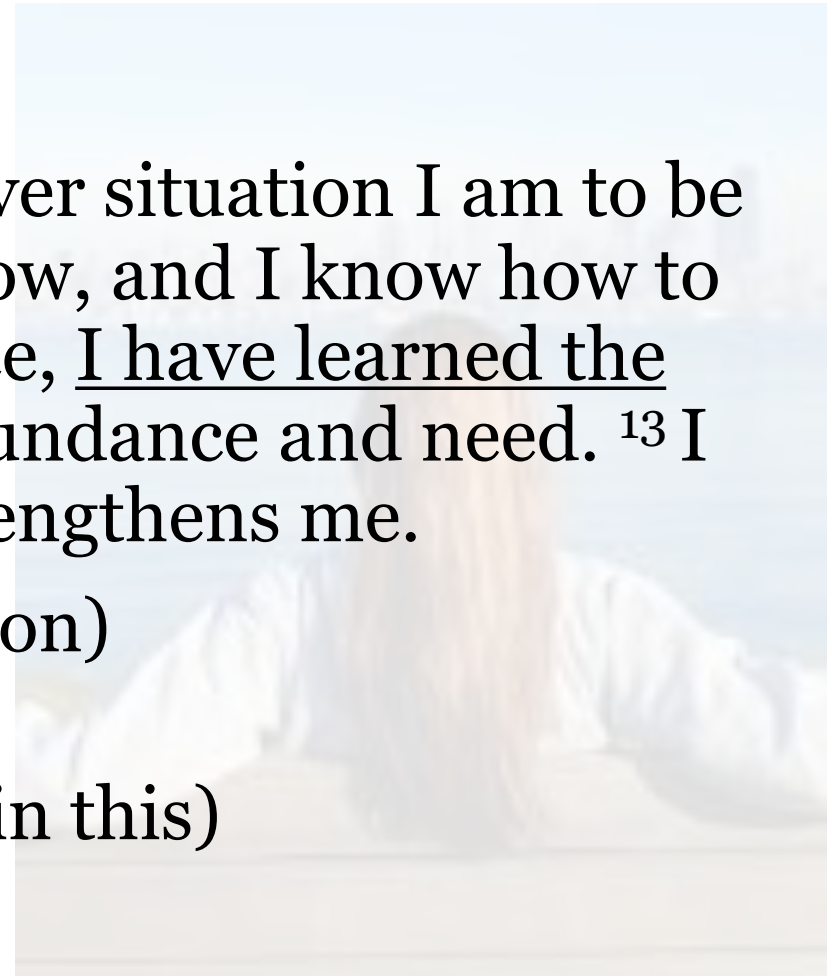


# **Learning to be Content**

## Philippians 4:4-13

# I have learned..

- Vs 11-12 for I have learned in whatever situation I am to be content. <sup>12</sup> I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. <sup>13</sup> I can do all things through him who strengthens me.
  - His personal experience (a life lesson)
  - He experienced the best and worst
  - I have learned the secret (he grew in this)



# What the Bible says..

- OT implies the need to be content
  - Exod 20:17 you shall not covet
  - Proverbs 17:1 better is a dry morsel with quietness
  - Eccles 5:10 He who loves silver will not be satisfied w/silver
  - Hab 3:17 though fig tree may not blossom.. yet I will rejoice

# What the Bible says..

- NT has much to say about contentment
  - Luke 3:24 be content with your wages
  - 2 Cor 12:10 For the sake of Christ, then, I am content with weaknesses, insults, hardships
  - 1 Tim 6:6-10 godliness with contentment is great gain
  - Heb 13:5 being content with what you have

# Defining contentment

- To be free from care because of satisfaction with what is already one's own. (ISBE)
  - Contentment is more inward than satisfaction; a habit or permanent state of mind.
- Jeremiah Burroughs “Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God’s wise and fatherly disposal in every condition”.

# Focus on the blessings

- Phil 4:8 Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things (meditate).
  - Focus your attention on good things God has given
  - In your thinking, speaking, and prayers (v 6-7)
  - Make the crosses small, make the mercies great

# Be confident in Christ

- Phil 4:13 I can do all things through Christ who strengthens me.
- 2 Cor 12:7-8 a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. <sup>8</sup> Concerning this thing I pleaded with the Lord three times that it might depart from me.
- And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. <sup>10</sup> Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.



# Learn to live for Christ

- Phil 1:21 For to me to live is Christ, and to die is gain..
  - You fill in: For me to live is \_\_\_\_\_, and to die is \_\_\_\_\_.
  - Contentment is a journey.. from anxiety to peace
- Phil 1:23 For I am hard-pressed between the two, having a desire to depart and be with Christ, *which* is far better.
- Phil 2:17 if I am being poured out *as a drink offering* on the sacrifice and service of your faith, I am glad and rejoice with you..



# Paul learned it from Christ

- Phil 4:11 I know how to be brought low and I know how to abound..
- Phil 2:5-8 who, being in the form of God.. made Himself of no reputation, taking the form of a bondservant, *and* coming in the likeness of men. <sup>8</sup> And being found in appearance as a man, He humbled Himself and became obedient to *the point of* death, even the death of the cross.



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