

## The Secret to Contentment

Philippians 4:10-13

<sup>10</sup>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. <sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

<sup>12</sup>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. <sup>13</sup>I can do everything through him who gives me strength. (NIV)

### 1. THE SECRET TO CONTENTMENT IS NOT CIRCUMSTANCES.

vv. 11,12 "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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."

- Living in need does not cancel contentment

John 16:33 (NIV)

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

- Poverty doesn't have to rob pleasure
- Hunger doesn't have to rob happiness
- Situations don't have to rob satisfaction

- Living in plenty does not guarantee contentment

John 15:10-11 (NIV)

If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. <sup>11</sup>I have told you this so that my joy may be in you and that your joy may be complete.

- Affluence does not equal abundance
- Success does not equal satisfaction
- Well-fed does not equal well-being

### 2. THE SECRET TO CONTENTMENT IS CHRIST LIVING IN ME

v. 13 "I can do everything..."

John 15:7 (NIV)

If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.

- Everything that aligns with God's will
- Everything that is pleasing to God
- Everything that glorifies God

"...through him"

John 15:11 (NIV)

I have told you this so that my joy may be in you and that your joy may be complete.

- Contentment will not come through our abilities
- Contentment will not come through our position
- Contentment comes through Christ

"...who gives me strength"

1 Peter 1:6 (NIV)

In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.

Luke 6:22-23 (NIV)

Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man.

<sup>23</sup>Rejoice in that day and leap for joy, because great is your reward in heaven. For that is how their fathers treated the prophets.

- Christ gives strength to understand our circumstances
- Christ gives strength to face our circumstances
- Christ gives strength to overcome our circumstances

The secret to contentment demands that I focus on Christ, not my circumstances.