



The *power* of contentment

- What is contentment?



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- What is contentment?
 - Having nothing?



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- **What is contentment?**
 - Having nothing?
 - Wanting nothing?



The *power* of contentment

“I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”
Philippians 4:12

- **What is contentment?**
 - Having nothing?
 - Wanting nothing?
 - Being able to live with what you have and where you are with satisfaction

“Contentment is not having what you want, but wanting what you have.”

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- What is contentment?
- It is the doorkeeper that lets joy and peace reside in your heart when life strives to keep them out



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Philippians 4:12*

It is one of the greatest lessons we can ever learn!



The *secret* of contentment

- For Paul, contentment was not found in:
 - Ability to do what he wanted to do
 - Stuff



The *secret* of contentment

*“I can do all
things through
Christ who
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Philippians 4:13

- For Paul, contentment was not found in:
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 - Stuff
- It was found in Christ Jesus

“He sees his way—and has the strength—to meet any circumstance which may arise, through the gracious help of his Lord.” (Muller)

The *secret* of contentment

“I can do all things through Christ who strengthens me.”

Philippians 4:13

- For Paul, contentment was not found in:
 - Ability to do what he wanted to do
 - Stuff
 - It was found in Christ Jesus

“But the Lord stood with me and strengthened me...And the Lord will deliver me from every evil work and preserve me for His heavenly kingdom. To Him be glory forever and ever. Amen!”
(2 Tim. 4:17-18)

The *secret* of contentment

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Philippians 4:13

- It is only when Christ is our greatest blessing that we find contentment



The *secret* of contentment

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- It is only when Christ is our greatest blessing that we find contentment
 - We value His forgiveness
 - We value His relationship
 - We value His presence
 - We value His guidance
 - We value His promises

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**If you have Christ,
you have enough!**



The *practice* of contentment

“But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.”

- Be Grateful (4:10)



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- Be Grateful (4:10)
 - Paul could have been bitter



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- **Be Grateful (4:10)**

- Paul could have been bitter
- It is easy to think about what we don't have

“I had no shoes and complained until I met a man with no feet.”

“For we brought nothing into this world, and it is certain we can carry nothing out. And having food and clothing, with these we shall be content.” (1 Timothy 6:7-8)

The *practice* of contentment

“But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.”

- **Be Grateful (4:10)**
 - If you are saved, you have been blessed with more than you can imagine



The *practice* of contentment

*“Not that I speak in regard to need, **for I have learned in whatever state I am, to be content:** I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”*

- Be Grateful
- Be Realistic (4:11)



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 - Paul was in prison— he could not change that



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 - How much do we fret over that we cannot change?



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- Be Realistic
- **Be Satisfied (4:11-12)**
 - Paul knew God would provide for him— rich, poor, much or little

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- Be Realistic
- **Be Satisfied (4:11-12)**
 - Paul knew God would provide for him— rich, poor, much or little
 - Learn to be satisfied with what you have— not what you want

The *practice* of contentment

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- Be Grateful
- Be Realistic
- Be Satisfied
- **Be Learning (4:11-12)**
 - Contentment does not come easily-- anger & frustrations abound!

The *practice* of contentment

“Not that I seek the gift, but I seek the fruit that abounds to your account... And my God shall supply all your need according to His riches in glory by Christ Jesus.”

- Be Grateful
- Be Realistic
- Be Satisfied
- Be Learning
- **Be Thoughtful (4:17,19)**
 - In his distress, he was concerned with others