

THE SECRET OF CONTENTMENT

March 29, 2020 Philippians 4:10-13

Isn't this the great problem of today, discontentment? And to think that Paul was writing from prison, chained to a Roman soldier. **What is the secret of contentment?**

1. What is contentment?

- The word in Greek means self-sufficient, satisfied, at ease.
- In the Bible contentment goes with joy and peace that we find in Jesus. Paul is in prison but he is filled with joy. He is rejoicing in the Lord. He prays about everything and God gives him peace.
- Are you content like a child in the arms of his parents?
- Paul wrote that "I have learned the secret of being content in any and every situation..." Phil. 4:12

2. You have to learn to be content

- Contentment does not come naturally. **Think of a baby** crying to have its needs meet. Have you learned to be content?
- Our world breeds discontentment, wanting more: more money, more entertainment, more sex... "Money can't buy you love..."
- **How do you learn to be content?** Through experience. Just think of what Paul went through in Philippi: cast into jail, beaten... And

then how Lydia, a rich woman, took care of Paul & Silas. How do you learn to be content?

- **Learning that life is about relationships.** Love people, not things. But we often love things more than people.
- **Learning that God is all-sufficient.** Everything I need is found in Jesus. Phil. 4:19 “Learning to lean on Jesus...”
- You contentment will be tested in life when you have little and when you have much. Phil. 4:12 Having much is a greater test than having little. Why? Because then we don’t think we need God.

3. The secret of contentment is found in Christ – Phil. 4:13

- Don’t say “**I can’t...**” When God calls you He will supply what you need. God will make a way... Cry out to God.
- “I can do all things through him (Christ) who strengthens me.”
- Paul does not see himself as a victim, conquered or defeated. Read Romans 8:28-39 in summary.
- Victory is in Jesus.