

THE BOOK OF PHILIPPIANS  
CONTENTMENT  
PHILIPPIANS 4:10-13

Philippians 4:11 (NIV)... I have learned to be content whatever the circumstances.

Principles to help you walk in contentment...

1. Contentment is learned

Philippians 4:11 (NIV) ...I have learned to be content whatever the circumstances.

2 myths about contentment:

A. Our possessions define us

Luke 12:15 (NIV) Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

B. Popularity will make me happy

1 Timothy 6:6-9 (NIV) But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. people who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction.

Luke 3:14 Then some soldiers asked him, "and what should we do?" he replied, "don't extort money and don't accuse people falsely--be content with your pay."

Hebrew 13:5 Be content with what you have, because God has said, never will I leave you; never will I forsake you.

2. Learn to adjust to change

Philippians 4:12 (NIV) 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.

3. Don't compare yourself to others.

4. Stop complaining and start praising.

Numbers 11:1 (NIV) Now the people complained about their hardships in the hearing of the LORD, and when he heard them his anger was aroused.

Psalms 77:3 (KJV) says, "I complained and my spirit was overwhelmed."

Philippians 2:14 (NIV) "Do everything without complaining.."

5. Be anchored to Christ

Philippians 4:13 (NIV) I can do everything through him who gives me strength.

3 attitude changes that gradually take place that produce contentment.

A. People matter more than things.

Philippians 4:10 (NIV) Paul says, "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."

Philippians 4:14 (NIV) Paul says, "Yet it was good of you to share in my troubles. Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only..."

B. As you mature in Christ the spirit matters more than the flesh.

1 Timothy 4:8 (NIV) For physical training is of some value, but godliness has value for all things...

C. As you mature in Christ this world will mean less and less.

2 Corinthians 4:16-18 (NIV) Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 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. What is unseen becomes your focal point.