

Learning the Secret of Contentment

Philippians 4:10-13,

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. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² 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. ¹³ I can do everything through him who gives me strength.

Paul says, “I have learned to be content whatever the circumstances”

Solomon says in Proverbs 19:23 “The Fear of the Lord leads to life; Then one rests content, untouched by trouble”.

Job says in Job 36:11, “If they obey and serve Him, they will spend the rest of their days in prosperity and their years in contentment”.

The writer of Hebrews says in Hebrew 13:5, “Keep your lives free from the love of money and be content with what you have, because, because God has said, “Never will I leave you, never will I forsake.”

How do we learn to be content?

The answer to this most important question is found in God’s precious Word.

1. Philippians 4:4, “**Rejoice** in the Lord always. I will say it again: **Rejoice!**”
2. Verse 5, “Let your **gentleness** be evident to all. The Lord is near”.
3. Verse 6, “**Do not be anxious** about anything”.
4. Verse 6, “ But in everything, by **prayer and petition**, with **thanksgiving**, present your request to God”.

These steps result in a peace with God and peace with self. Peace with self results in contentment as explained in Philippians 4:7, ***“And the peace of God, which transcends all understanding will guard your hearts and minds in Christ Jesus.”***

The 5 steps outlined in Philippians 4 are:

1. Rejoice always in all circumstances
2. Be gentle, kind and helpful to all who need your help
3. Never worry about anything – it does not help anyway!
4. Share all your needs and desires with God in prayer
5. Be thankful for the answer God gives...

Yes

No

Wait

You say impossible?

“Yes, with men this is impossible but not with God because with God all things are possible”, Mark 10:27

Philippians 4:13, “I can do everything through Him who gives me strength”