

# Contentment

## Lesson #2 The Secret of Contentment Phil. 4:11-19

### I Introduction

Consider the day we are living in...look at 2 Tim. 3:1-9

### II Lasting contentment cannot be found outside of Christ and our relationship with Him.

In this passage, Paul makes three gigantic statements that form the scaffolding of our ability to find true contentment.

#### A. I ACCEPT ALL THINGS (Phil. 4:11-12)

1. Lessons from Habakkuk
  - a. The complaints      Hab. 1:2, 13
  - b. The resolve      Hab. 3:17-18
2. "I am content to be me" - See Psalm 139
  - a. My personality ("inner most being")
  - b. My body ("frame")
  - c. My life purpose ("days ordained")
  - d. My role (wife, mother, sister)
  - e. My relationships

#### 3. "I am not the controller" Job 38, 39

Remember: Forgiveness is not an option (Matt. 18:21). It is a choice! It is a choice to be faithful and to say words of blessing.

"Contentment is essentially a matter of accepting from God's Hand what He sends because we know that He is good therefore it is good." JI Packer

#### B. I CAN DO ALL THINGS (Phil 4:13)

1. Various translations of this important verse:

Literal Greek translation: I can do all things in Him who continually infuses me with strength.

J. B. Phillips: I am ready for anything through the strength of the One who lives in me.”

Wuest: I am strong for all things in the One who constantly infuses strength.

Amplified Bible: I have strength for all things in Christ who empowers me. I am ready for anything and equal to anything through Him who infuses inner strength into me. I am self-sufficient in Christ’s sufficiency.

Living Bible paraphrase: I can do everything God asks me to with the help of Christ who gives me the strength and power.

2. Lessons from I Samuel

- a. David (1 Samuel 17)
- b. Jonathon (I Samuel 14:6-15)

3. Remember to seek His leading. It is not “I wonder if God can do this?” But rather “I wonder if God wants to do this?”

C. I HAVE ALL THINGS (Phil. 4:18-19)

- 1. Jehovah Jireh – “My provider” Matt. 6:33 “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”
- 2. I have all things that matter! Consider Ephesians 1:3-9
  - a. “every spiritual blessing”
  - b. “chosen”
  - c. “predestined”
  - d. “adopted”
  - e. “redeemed”
  - f. “forgiven”
  - g. “lavished riches of God’s grace”

3. Perspective matters. God promises to supply all our NEEDS not our wants! (See Heb. 13:5 “never will I leave you” and note there are 5 negatives in the Greek. All of them underline the absolute impossibility of this even happening.)
4. Lessons from Exodus. The provision of manna. (Exodus 16)

Psalm 73:25-26: “Whom have I in heaven but you? And earth has nothing I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

### **Discussion Questions:**

1. What is the hardest thing in your life to accept from the Hand of God? Why do you think that is?
2. Are you content to be you? (Personality, body, purpose, role?) Why or why not?
3. Discuss the phrase “I have all things that matter.” What matters to you? What are you missing?
4. In your own words, what is the secret of contentment? Do you have it?