



***“Go and make  
disciples of all  
nations...  
teaching them...”***

Neil Milne

An open book is shown from a high-angle perspective, with the pages fanned out. The lighting is warm and directional, coming from the right, which casts a strong glow on the right page and the spine area, while the left page and the background are in shadow. The text on the pages is small and mostly illegible due to the angle and lighting.

# **Today's Lesson**

**Philippians 4:10-13**

*Philippians 4:10-13. (NIV) <sup>10</sup>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. <sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>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. <sup>13</sup>I can do everything through him who gives me strength.*

*Philippians 4:10-13. (NKJV) <sup>10</sup>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. <sup>11</sup>Not that I speak in regard to need, for I have learned in whatever state I am, to be content: <sup>12</sup>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. <sup>13</sup>I can do all things through Christ who strengthens me.*

*I have learned to be content whatever the circumstances Phil. 4:11*

# **Contentment**

Contentment is a mental or emotional state of satisfaction maybe drawn from being at ease in one's situation, body and mind. (Wikipedia)



# **Discontentment**

Unhappiness caused by the failure of one's hopes, desires, or expectations: disappointment, discontent, disgruntlement, dissatisfaction, letdown, regret. (The free dictionary)

## **Discontent:**

With life, friends, family, job, house, car, possessions, role, church, myself, etc.

An overt or underlying sense of dissatisfaction.

# **What causes discontent?**

**Sin:** Unconfessed sin = guilt, regret, etc.

**Misdirected desires:** For position, possessions & pleasure.  
= discouragement, disappointment, etc.

**Broken relationships:** Marriage, family & people breakdown  
= anger, hurt, resentment, bitterness, etc.

**Unwise decisions:** Financial, relationships, habits, etc  
= 'If Only' I had done it differently.

***The 'if only's' of life produce discontentment.***

***Violating God's principles & purposes will  
produce discontentment***

# How do we gain contentment?

*I have learned to be content whatever the circumstances 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. Phil. 4:11-12.*

## **Let's consider circumstances...**

Poverty & Plenty  
Sickness & Health  
Nobody & Somebody  
Tragedy & Triumph  
Worse & Better  
Disaster & Success

*1 Timothy 6:6-10. <sup>6</sup>But godliness with contentment is great gain. <sup>7</sup>For we brought nothing into the world, and we can take nothing out of it. <sup>8</sup>But if we have food and clothing, we will be content with that. <sup>9</sup>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. <sup>10</sup>For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.*

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

*2 Corinthians 12:7-10. <sup>7</sup>To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. <sup>8</sup>Three times I pleaded with the Lord to take it away from me. <sup>9</sup>But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. <sup>10</sup>That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

*Philippians 4:10-13. <sup>10</sup>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. <sup>11</sup>I am not saying this because I am in need, for I have learned to be **content** whatever the circumstances. <sup>12</sup>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. <sup>13</sup>I can do everything through him who gives me strength.*

# **What is the Foundation or Basis for contentment?**

**If it is 'in natural things' we will never have it.**

**If it is 'in Christ' we will have it.**

**Conviction not Circumstances  
give Contentment**

*I can do everything through him who gives me strength.*

*I can do all things through Christ who strengthens me.*

*What is the true meaning of this statement?*

**Jesus gives me strength for:**

Poverty or Plenty

Sickness or Health

Nobody or Somebody

Tragedy or Triumph

Worse or Better

Disaster or Success

*Psalm 40:8. 'I desire to do your will, O my God; your law is within my heart'*

*Psalm 84:10. 'Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God, than dwell in the tents of the wicked'.*

*Hebrews 10:7. 'Here I am, it is written about me in the scroll. I have come to do your will O God'*

# ***Contentment & Discontentment***

**Much discontentment comes from living  
outside God's purposes.**

**There is an abiding contentment when we  
pursue God's Purposes.**

***A decision is needed...***

**To yield and surrender to Jesus Christ.**

**To be saturated in His word.**

**To be Filled with His Holy Spirit.**

**To know, comply with  
and obey His will.**

*Psalm 84:10. 'Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God, than dwell in the tents of the wicked'.*



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