

True Contentment

*10 But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked an opportunity to act. 11 Not that I speak from need, for I have learned to be content in whatever circumstances I am. 12 I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me. **Philippians 4:10-13** (NASB)*

But I rejoiced in the Lord greatly, that now at last you have revived your concern for me; indeed, you were concerned before, but you lacked an opportunity to act. v. 10

Not that I speak from need, for I have learned to be content in whatever circumstances I am. v. 11

12 I know how to get along with little, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. 13 I can do all things through Him who strengthens me. vs. 12-13

- What is the secret to Contentment?

... I have learned to be content in whatever circumstances I am. v. 11

- Contentment has nothing to do with our circumstances.
- It is something that we need to learn.

How do we learn it?

... I have learned to be content in whatever circumstances I am. v.11

1. By life experience.

in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. v. 12

2. By Spiritual experience.

*17 Even though the fig trees have no blossoms, and there are no grapes on the vines; even though the olive crop fails, and the fields lie empty and barren; even though the flocks die in the fields, and the cattle barns are empty, 18 yet I will rejoice in the Lord! I will be joyful in the God of my salvation! 19 The Sovereign Lord is my strength! **Habakkuk 3:17-19a** (NTV)*

Christian contentment is the Christ-empowered ability to remain peaceful, grateful, and steady in heart, regardless of one's external circumstances, because our ultimate satisfaction is found in Him.

Philippians 4:13: *I have strength in all circumstances in the One strengthening me.*