

The Secret of Being Content Philippians 4:10-13

What does Paul mean by contentment? (11-12)

One clue is in verse 11, where Paul says he was not “in need.” But in verse 12 he says that he was facing need. So contentment would mean not feeling needy, even though you have needs.

The other clue is the word “content” in verse 11, which means to be satisfied, or have a happy state of mind.

So contentment means feeling satisfied and happy even when we have needs.

What is the secret of contentment? (13)

I recently heard someone say that the secret to contentment was to realize that life is just as bad for other people as it is for you. That is not at all what Paul is saying.

The secret to contentment is in verse 13 – that there is something Christ does that will so strengthen us that we feel content, peaceful, and happy in every circumstance.

What is it that Jesus Christ does? (Philippians 3:7-8)

To know Jesus Christ is to experience surpassing worth — a worth so much greater than everything else, that everything else is loss in comparison.

So the secret to contentment is to understand that Christ can so satisfy our hearts in himself that we are content no matter what else is going on.

How can we experience this strengthening work of Christ?

Turn — Turn to Jesus Christ just as you are.

Confess — Confess that your sin is blinding you to him.

Trust — Trust him to forgive you for your sin.

Ask — Ask him to strengthen your faith so you once again see and feel his surpassing worth.

Ponder — Ponder verses describing who Jesus is, what he has done, and what he promises.

Persevere — Persevere in asking and pondering until you feel your faith strengthening so you see and feel Christ as your all-satisfying treasure.

If it's helpful, turn this into an acronym – TCT-App.



HOME GROUP DISCUSSION OF SUNDAY'S TEACHING

(Sometimes in our home groups we talk about Sunday's teaching, so we can work together on responding to God's Word — asking questions, sharing insights, talking together.)

At the beginning of this message Pastor Steve mentioned three kinds of people – those who think they will be content as soon as their circumstances change; those who know the secret of contentment, but need to pursue it more; and those who are not content, and don't think they ever will be. Which category are you in?

Do you agree that contentment means feeling satisfied and happy no matter what is going on? Why or why not?

In the past, what would you have said is the secret to contentment?

Based on the context of verse 13, what are the "all things" that Paul says Christ will strengthen him to do?

What do you usually do when you find that you are lacking contentment? How is it the same, or different, than the six steps Pastor Steve explained?

What would you say to someone who pursued those six steps, but did not experience any heart-change?

In what area of your life are you struggling to feel content? Share it with the group, and have them pray that you will experience Christ strengthening your faith so your heart is changed.

