

THE SECRET TO CONTENTMENT

Philippians 4:10-13

¹¹ **Not that I speak in respect of want: for I have learned, in whatsoever state I am, *therewith* to be content.**

¹² **I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.**

¹³ **I can do all things through Christ which strengtheneth me.**

INTRO:

Paul had learned a secret, and God taught Paul this secret through many trials so that Paul could not only share this secret with the Philippians, but also with all Christians through God's Word.

1. Paul knew the Secret of Appeals

Paul knew his pray life had to be a . . .

- a. Constant Conversation
- b. Consistent Communion
- c. Continued Concentration

I Thessalonians 5:17 ¹⁷ **Pray without ceasing.**

2. Paul knew the Secret of Assurance

Paul knew he had to have faith and believe God . . .

- a. In the Storms of Life
- b. In the Struggles of Life

****Paul put his trust in God no matter what came his way.**

3. Paul knew the Secret of Assignment

****Paul could say, "I know whom I have believed, and am persuaded that He is able to keep that which I have committed unto Him" (II Timothy 1:12)**

- a. Paul assigned His Failures to God.
- b. Paul assigned His Faith to God.
- c. Paul assigned His Faithfulness to God.

**** Contentment is self-sufficiency. In other words, it is making up your mind and getting in your heart that you will not depend on circumstances to satisfy you.**

**** When you depend on circumstances to satisfy you, then you are satisfied when things are good, and dissatisfied when things are bad.**

**** You have to get it settled in your heart and in your mind that no matter how bad it may be or how good it may be you are going to live for Jesus and enjoy Jesus no matter what!**

****Paul said he had to learn this. When you are learning something, it does not happen overnight. It is a process and a practice. You have to keep going through the process and keep practicing being content no matter how hard it may get!**

****The more you practice the more you'll learn how to be content, and the more peace God will give you.**

****So let's look at what you have to keep practicing in order to learn the secret of contentment.**

Body – The Secret to Contentment

I. The Secret to Contentment is to Love

A. Love the Savior

****Deuteronomy 6:5⁵ And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.**

1. **Love Him with your Words, and you can be content.**
2. **Love Him with your Worship, and you can be content.**

B. Love the Spirit

****Galatians 5:16-17¹⁶ This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.**

¹⁷ For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

1. Self Satisfaction leads to problems.
2. Spirit Satisfaction leads to peace.

****When you learn to love the Spirit more than yourself, you will love satisfying the Spirit and learn all about contentment.**

C. Love the Scripture

David proved his love for the scripture when he said in Psalms 119:103¹⁰³ **How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!**

1. **The Scripture will Encourage you if you love it!**
2. **The Scripture will Edify you if you love it!**

****Contentment is not learned by loving this old world or the things in this world.**

****Contentment only comes when we love the Savior, the Spirit, and the Scripture!**

II. The Secret to Contentment is to Live

A. Live by Rejoicing in your Substances

**** In other words, be thankful for what you have!**

Philippians 4:12 I know both how to be abased, and I know how to abound

1. Paul rejoiced when he was Abased

****Abase means to be in a low place in life. Paul was in a low place when he was in that prison; yet, he rejoiced!**

2. Paul rejoice when he was Abounding

****Abounding means to be in a high place in life.**

****Paul was saying that there are high places in life and low places in life; however, he learned just to be content and rejoice over what he had in the Lord!**

B. Live by Resting in your Situation

1. Step 1: Acceptance

****You cannot rest in your situation until you accept by faith that God can help you rest in your situation!**

****The devil will tell you things will never be any better, but then God shows up and makes everything better .**

****God will not always make things the same, but he always makes things better, but you have to accept it by faith!**

2. Step 2: Adapt

****How do you adapt? Do whatever God tells you to do!**

****Remodel, Readjust, and Reset just like God says, and you can rest in your situation!**

C. Live by Rising in your Strength

Philippians 4:13¹³ I can do all things through Christ which strengtheneth me.

****Pessimism says, “I can’t.” Presumption says, “I can,” but Power says, “I can . . .through Christ!”**

****Your strength lies in the power of Christ and Him alone!**

III. The Secret to Contentment is to Lean

A. Lean on your Father

Proverbs 3:5⁵ Trust in the LORD with all thine heart; and lean not unto thine own understanding.

1. He'll be your Strength

Isaiah 26:4⁴ Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:

**The Lord will not Fall or Fail!

2. He'll be your Security

B. Lean on your Faith

Mark 11:22²² And Jesus answering saith unto them, Have faith in God.

1. Your Faith can be your Help and make you content.
2. Your Faith can be your Hope and make you content.

C. Lean on your Family

1. Lean on your Christian Family
2. Lean on your Church Family

**The Church of Philippi helped Paul when he needed help the most!

**It is important to be grounded in Christ and in Church because you are going to need both of them somewhere in life to ever be content!

**There's no way to be completely grounded in Christ and not be grounded in Church, and there's no way to be grounded in Church and not be grounded in Christ!

**Some think they are grounded in church because they do "STUFF" in church, but doing "STUFF" in church does not make you grounded in church!

**When you get grounded in the "SPIRIT" in church, that's when you get grounded in church, and that is when you learn the secret of contentment!

IV. The Secret to Contentment is to Look

Hebrews 12:2² Looking unto Jesus the author and finisher of our faith;

A. Look for God Things

**You can't find God if you don't look for God!

1. Look for His Works
2. Look for His Ways
3. Look for His Wonders

**When God does His Works, Ways, and Wonders in your life, suddenly you are content! So don't ever stop looking for God Things!

B. Look for Good Things

**God will show up in a . . .

1. Good Message
2. Good Meeting

**When God shows up, suddenly you find contentment!

C. Look for Great Things

1. Undeniable Great Things from God
2. Unbelievable Great Things from God

**When God does unbelievable and undeniable great things in your life, suddenly you find contentment!

V. The Secret to Contentment is to Listen

A. Listen for the Savior

John 10:27 ²⁷ My sheep hear my voice, and I know them, and they follow me:

**Only when God speaks and we listen can we be content.

B. Listen for the Sound

**The older I get the more content I am just listening for the Heavenly Sounds and listening for the Horn Sound!

C. Listen for the Shout

**I'm content listening for . . .

1. The Church to Shout (That's the Rejoicing!)

2. The Christ to Shout (That's the Rapture!)

CLOSE

1. Was it easy for Paul to be content? No. Was he some kind of super spiritual Christian that had a contentment switch built in him when he struggled and suffered? NO!
2. Paul said he had to LEARN to be content. He had to go to school by going through some dark and depressing days and letting God teach him how to be content!
3. That's a school that none of us want to go through that has some tests that none of us want to take!
4. However, in those dark places in life if you will allow God, He will strengthen you in struggles by teaching you how to be . . . Content Loving (the Savior, the Spirit, the Scripture), Content Living (Rejoicing, Resting, and Rising), Content Leaning (on the Father, Faith, and Family), Content Looking (For God, Good, and Great Things), and Content Listening (For the Savior, the Sounds, and the Shout.)
5. Here's what I know to be true:
Let God teach you this Secret to Contentment, and He will Satisfy You, Strengthen You, and Supply you with great contentment!