



## WEEK 4 // CONTENTMENT

### 4 LESSONS ON CONTENTMENT . . .

#### CONTENTMENT IS SOMETHING WE LEARN.

**Philippians 4:10-13 (NLT)** How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me.

<sup>11</sup> Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength.

#### What Happens When We Always Want More ?

##### More FATIGUE.

**Proverbs 23:4-5 (NLT)** Don't wear yourself out trying to get rich. Be wise enough to know when to quit. <sup>5</sup> In the blink of an eye wealth disappears, for it will sprout wings and fly away like an eagle.

##### More HASSLE.

##### More ANXIETY.

**Ecclesiastes 5:12 (NLT)** People who work hard sleep well, whether they eat little or much. But the rich seldom get a good night's sleep.

**1 Timothy 6:9 (NLT)** But people who long to be rich fall into temptation and are trapped by many foolish and harmful desires that plunge them into ruin and destruction.

#### How Do We Learn To Be Content ?

Refuse COMPARE Yourself.

ENJOY What You Have.

Remember Life Is Not About THINGS.

Focus On What Will LAST FOREVER.

#### A CONTENTED HEART RESPONDS TO THE NEEDS OF OTHER PEOPLE.

**Philippians 4:14-17 (NLT)** Even so, you have done well to share with me in my present difficulty. <sup>15</sup> As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News and then traveled on from Macedonia. No other church did this. <sup>16</sup> Even when I was in Thessalonica you sent help more than once. <sup>17</sup> I don't say this because I want a gift from you. Rather, I want you to receive a reward for your kindness.

#### CONTENTMENT TRUSTS GOD TO PROVIDE.

**Philippians 4:18-19 (NLT)** At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. <sup>19</sup> And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

#### CONTENTMENT LOVES JESUS AND EVERYONE ELSE

**Philippians 4:10-23 (NLT)** Now all glory to God our Father forever and ever! Amen. <sup>21</sup> Give my greetings to each of God's holy people—all who belong to Christ Jesus. The brothers who are with me send you their greetings. <sup>22</sup> And all the rest of God's people send you greetings, too, especially those in Caesar's household. <sup>23</sup> May the grace of the Lord Jesus Christ be with your spirit.