



#7 A Life of Contentment
Prairie Rose EMC, April 11, 2021
Pastor Mike – Phil. 4:10-14

¹⁰ 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. ¹¹ I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹² 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. ¹³ I can do everything through him who gives me strength. ¹⁴ Yet it was good of you to share in my troubles. (NIV 84)

How self-aware are you?

Are you fully aware of the extent to which your

a. joy and happiness in life

b. confidence in God's goodness and trustworthiness

are tied to your physical and financial circumstances?



Train called **"More"**

Station called **"Contentment"**



Two Observations:

- Contentment is a learned thing
- Contentment is an intrinsic thing, it comes from Christ within us

Some Definitions:

"content" = "contained" = "self-sufficient"

"I can do everything through him who gives me strength." vs. 13

How can we find contentment in any and every situation?



#1 "Rejoice in the Lord"

#2 Resist Comparing to other People

"Whatever you are now is what you're going to be then."

#3 Recognize what doesn't bring Contentment

#4 Jesus is all you really need

"If Jesus is all you had, would he be enough?" Mother Teresa



"I'd Rather Have Jesus"

For further inspiration:

[My Worth Is Not in What I Own \(Live feat. Fernando Ortega\) - Keith & Kristyn Getty - YouTube](#)

Memory verses:

1. **A Life of Connection** (Phil. 1:1-11)

"I thank my God every time I remember you". Phil. 1:3

2. **A Life of Purpose** (Phil. 1:12-30)

"For me to live is Christ and to die is gain". Phil. 1:21

3. **A Life of Humility** (Phil. 2:1-18) Phil. 2:3

"Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves."

4. **A Life of Compassion** (Phil. 2:19-30)

"For everyone looks out for his own interests, not those of Jesus Christ." Phil. 2:21

5. **A Life of Hope** (Phil. 3:1-21)

"But whatever was to my profit I now consider loss for the sake of Christ." Phil 3:7

6. **A Life of Joy** (Phil. 4:1-9)

"Rejoice in the Lord always. I will say it again: Rejoice!" Phil. 4:4

7. **A Life of Contentment** (Phil. 4:10-14)

"I have learned the secret of being content in any and every situation," Phil. 4:12

We have amazing coping powers (Taken from The Communicator's Commentary, Philippians, pg. 319)

Viktor Frankl spent years in a Nazi prison camp where persons were subjected to subhuman and antihuman treatment that threatened annihilation of decency, of the worth and dignity of persons, as well as physical beings. Frankl wrote an inspiring and insightful book entitled Man's Search for Meaning. From his death camp observations, he documented the amazing coping powers of humans to retain inner freedom. He wrote: "We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last pieces of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way."

This last inner freedom, the freedom to choose one's own way, gives us an amazing capacity to cope. Paul witnessed to it: "I know how to be abased and how to abound – I can be content in whatever state I find myself."

Theodore Parker Ferris was one of the great preachers of this century. After his death, the vestry of the church in Boston honoured him by collecting and printing what they believed were the best sermons Dr. Ferris had preached during his thirty years as their pastor. One of the sermons was entitled "When Things Don't Go Well". In it he gives us some handles on which to take hold as we seek to cope.

1. "Remember that there is nothing that can happen to you that has not happened to millions of others."
2. "Remind yourself that as a human being you run the risk of this kind of thing happening." The human condition is that life is fragile, and love makes us vulnerable; we are going to be hurt, but our hurts will pass; some dreams will be shattered while others will come to fruition.
3. "Remember there are people who became great facing what you must now face."
4. "Say, 'I don't know how I'm going to handle this, but I can. I know that from sources of which I am not conscious help will come, not necessarily the help I ask for, but help that I know nothing about right now will rise up in me, will appear suddenly from all sorts of unexpected places.'"