

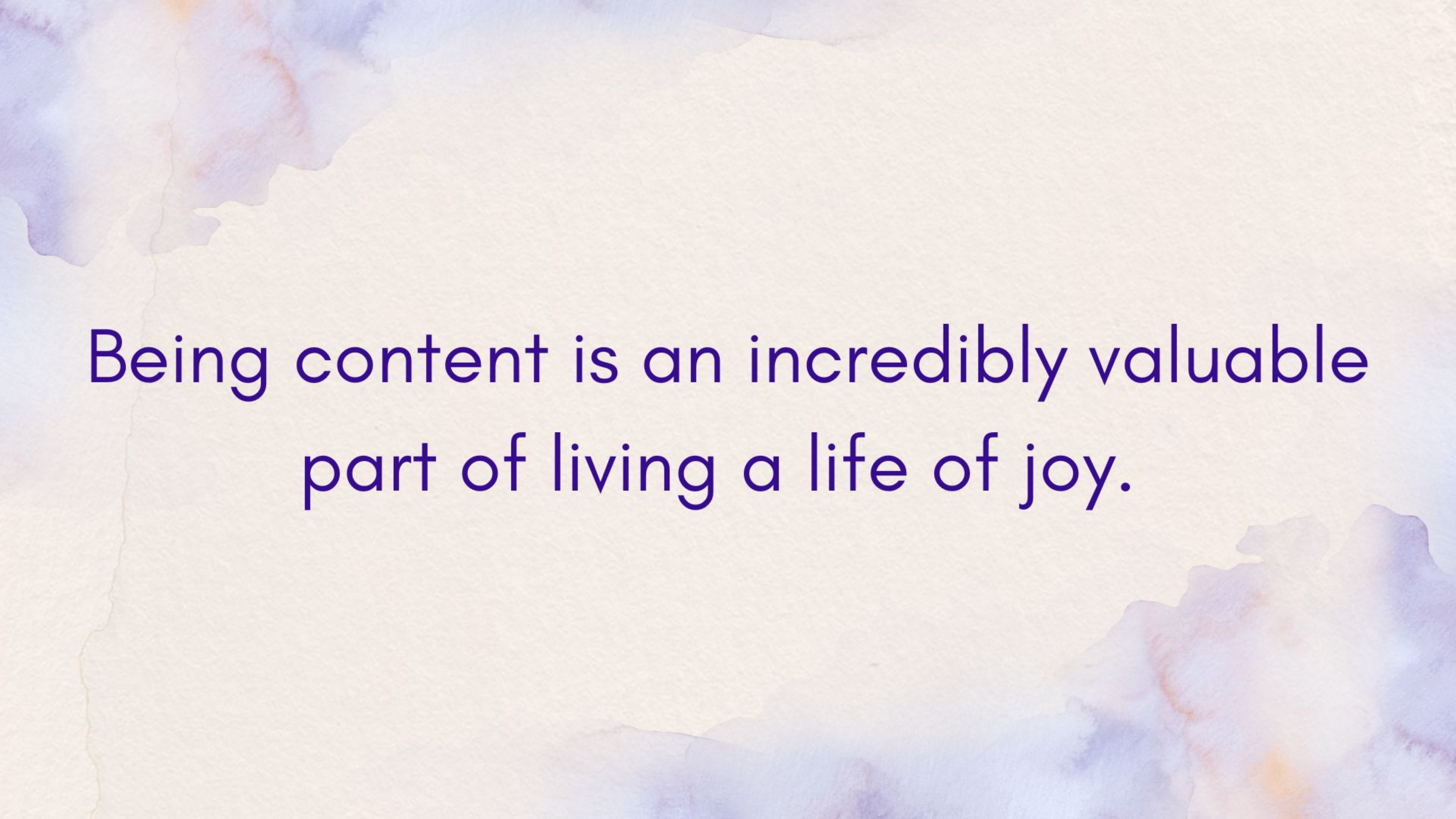
Finding Contentment in a Discontent World

Philippians 4:10-13

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I rejoiced greatly in the Lord that you renewed your concern for me. Indeed, you were concerned but you had no opportunity to show it. I am not saying this because I am in need, because I have learned to be content whatever the circumstances.

I have learned to be content whatever the circumstances. 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. I can do all things through Christ who strengthens me.



Being content is an incredibly valuable
part of living a life of joy.

60% discontent with their job
80 % discontent with their pay

70 % of people within a relationship say they are discontented
67% of people not in a relationship say they are not content

64 % of people are discontent with their home or where they live
– Space, clutter, upkeep, cost...

85% discontent with themselves personally
79% of people are discontent with how they look

Where does discontentment lead?

Nowhere good.

First Ever Biblical Example

Genesis 3

Eve and the Serpent

1. We have a natural inclination towards becoming discontent with what we have.
2. The enemy loves to stir up discontentment and he uses it against us.
3. Discontentment can lead us into some very bad territory, so we need to be on guard against it.

1. Contentment can be Learned.

Philippians 4:10

I have learned to be content whatever the
circumstances.

2. Have an Attitude of Gratitude.

1 Thessalonians 5:18

Give thanks in all circumstances; for this is
God's will for you in Christ Jesus.

3. Stop the Comparison Game.

Comparison is a Thief of Joy.

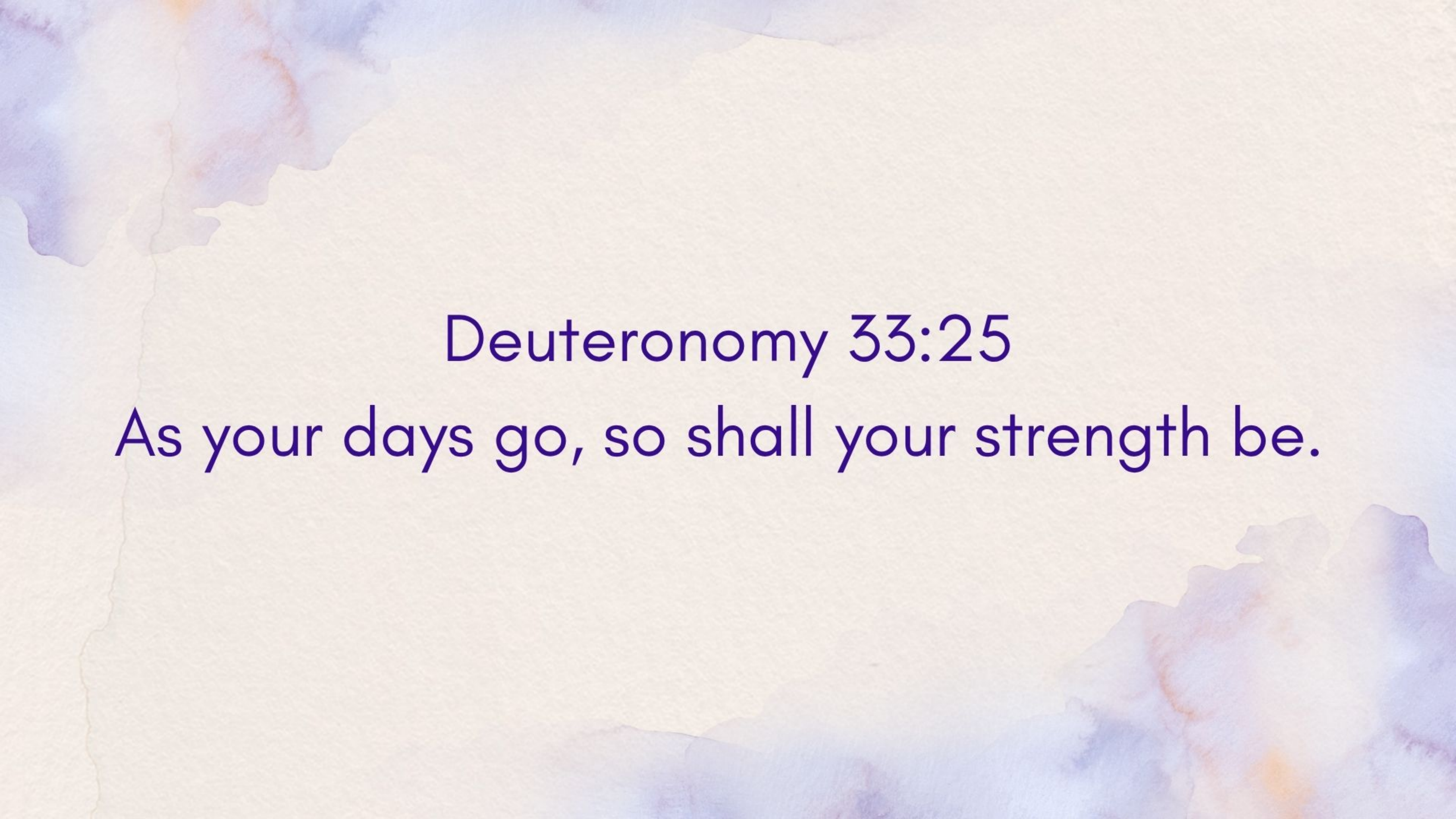
Philipians 2:2

Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves, not looking to your own interests but each of you to the interests of others.

4. Recognize that God is our source
of contentment and strength.

Philippians 4:13

I can do all things through Christ who
strengthens me.



Deuteronomy 33:25

As your days go, so shall your strength be.

1. Contentment can be Learned.
2. Have an Attitude of Gratitude.
3. Stop the Comparison Game.
4. Recognize that God is the Source of Our Contentment and our Strength.