

Leave Me Alone, I Can't Cope

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I. Introduction.

- A. Text: Philippians 4.
- B. People live in a great deal of dissatisfaction in our culture promulgated by the media.
- C. Paul gives us a glimpse of the only things necessary to live a whole life.
- D. Paul learned the secret of contentment in all things.
- E. We are to learn to adorn the doctrine of God. (Titus 2:10)
- F. There are several principles to maintaining contentment.

II. Standing fast in the Lord. (I Thessalonians 1, Philippians 3:8, II Corinthians 5:17)

- A. Life is found in Christ.
- B. It is not enough to follow someone--Christians share the life of Christ. (I Corinthians 6:17)
- C. Identification with Christ is so great the believer who sins drags Christ into sin. (I Corinthians 6)
- D. Believers are to stand fast because Christ has freed them. (Galatians 5:1, I Corinthians 16:13, II Thessalonians 2:15)
- E. All that we have is adequate because God is all we need. (Numbers 13:14, I Samuel 21:10, Psalm 50:21, Ephesians 6:10)

III. Love.

- A. Real love says "not nice" things about people because it is objective.
- B. Real living is real loving. (I Corinthians 13)

IV. Joy. Christian joy is predicated on the Lord and what He has done for us. (Romans 14:17)

V. Gentleness. The believer should have a reputation for gentleness. (II Corinthians 10:1, I Thessalonians 2:7)

VI. Adequate security. We are not to worry because the Lord is at hand.

VII. Setting one's mind on God's revelation.

Application questions:

1. How have you struggled with contentment in the past? What did you learn?

2. Which principle for contentment stands out to you the most? What strikes you about it?

3. Why is contentment an integral part of the Christian life? Explain.
