

Lifestyle of Contentment, A

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I. Introduction.

A. Text: Philippians 4:11-13.

B. “For I have learned to be content whatever the circumstances...” This is the goal of contentment.

II. Contentment is the attitude that what I have is sufficient and God is sufficient for my situation.

A. The Greek word for contentment is the same word as “sufficiency.” (1 Timothy 6:6; 2 Corinthians 9:8; 1 Timothy 6:8; 2 Corinthians 12:9)

III. There are several areas of life that require us to learn contentment.

A. We must learn to be content with our possessions. (1 Timothy 6:6ff; Luke 12:15ff)

1. Covetousness dangerous because it’s a respectable sin in the church- i.e. not as bad as adultery.

2. Here are 3 tips for avoiding covetousness or love of possessions.

a) Value your soul and what is good over your possessions. (Mark 8:36-37; Proverbs 8:10-11; Proverbs 20:15; Deuteronomy 6:6-7)

b) Realize that everything that you have is from God. (Deuteronomy 8:17-18; 1 Chronicles 29:12-14)

c) Accept that God gives some more than others. (Matthew 20:15; Psalm 21:1)

B. We must learn contentment with our position in the body of Christ or in society. (1 Corinthians 12:15ff)

C. We must learn contentment with God’s providence, which is contentment in the circumstances that God permits in our lives. (2 Corinthians 12:7ff)

1. We all have sources of frustration in our lives. Here are 3 biblical truths to help us learn contentment in our circumstances.

a) God is in control of all of your circumstances. (2 Corinthians 12:7ff; Psalm 139:13-16; Exodus 4:11-12)

b) God loves you and He wills your best. (Lamentations 3:33; Hebrews 12:5-11)

c) God’s wisdom in determining what circumstances are best for you is infinite beyond our understanding. (Romans 11:33ff; book of Job; Acts 24:26ff)

IV. God’s grace is sufficient for us. (Philippians 4:11-13)

Application questions:

1. What possessions do you find distract you from contentment? What value do you see in them? Why do you think you place that kind of value on them?

2. How can you practice gratitude toward God for your possessions and your circumstances every day?

3. How have you seen God love you and be sufficient for you in difficult circumstances in the past?
