

## **The Journey to Contentment / The Secret to a Content Life Philippians 4:10-13**

**10** I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. **11** Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. **12** I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. **13** I can do all things through him who strengthens me.

### **Contentment is...**

**1.) Anchored in God's \_\_\_\_\_ . (v. 10)**

**2.) Anchored in Christ not our \_\_\_\_\_ . (v. 11-12)**

#### **6 Situations/Circumstances**

- Humbled—to be brought low
- Hungry—physical need
- In Need—living day to day
- In Prosperity—wealth
- Filled—facing plenty
- Abundance—excess

**3.) Anchored in Christ's \_\_\_\_\_ . (v.13)**

God's power:

- sufficient—more than enough
- sustains us through the trial
- stronger than our own ability

*Turn your eyes upon Jesus, Look full in His wonderful face,  
And the things of earth will grow strangely dim,  
In the light of His glory and grace*

#### **Discussion:**

- 1. What might contentment in Christ look like when facing the 6 circumstances mentioned by Paul?**
- 2. What circumstances in life challenge my contentment? What makes me discontent?**
- 3. How does God want you to personally apply to today's scripture?**