



## The Secret of Being Content

*Philippians 4:10-13*

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### UNDERSTANDING CULTURAL THOUGHT-PATTERNS

- **The Myth:** “Once I get what I think I need, then I will be content.”
- **Cultural Prescriptions** for dealing with hard times:
  - *Make it happen:* “If you want to be content, you need to make things happen. See your future and grab a hold of it.”
  - *Disconnect:* “When things get really bad, do something to disconnect from reality for a bit.”

### THREE PRINCIPLES TO REMEMBER:

God:

1. It’s good to celebrate and enjoy when things seem to be going \_\_\_\_\_ . (v. 10)
2. You can learn the secret to \_\_\_\_\_ in all situations. (v. 12)
3. God’s \_\_\_\_\_ to prevail through all situations is available to those who live for Him. (v. 13)

### FOUR ESSENTIALS FOR EXPERIENCING THE SECRET OF BEING CONTENT:

1. Know the \_\_\_\_\_ of Christ. (Phil. 3:7-10)
2. Receive the \_\_\_\_\_ of Christ. (Eph. 2:8-9)
3. Experiencing the \_\_\_\_\_ of Christ. (2 Cor. 4:7-11)
4. Appropriate the \_\_\_\_\_ of Christ. (Phil. 4:13, 2 Tim. 1:7)

## Philippians 4:10-13

<sup>10</sup>I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup>I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup>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. <sup>13</sup>I can do all this through him who gives me strength.

## Psalms 34

- <sup>1</sup> I will extol the Lord at all times; his praise will always be on my lips.
- <sup>2</sup> I will glory in the Lord; let the afflicted hear and rejoice.
- <sup>3</sup> Glorify the Lord with me; let us exalt his name together.
- <sup>4</sup> I sought the Lord, and he answered me; he delivered me from all my fears.
- <sup>5</sup> Those who look to him are radiant; their faces are never covered with shame.
- <sup>6</sup> This poor man called, and the Lord heard him; he saved him out of all his troubles.
- <sup>7</sup> The angel of the Lord encamps around those who fear him, and he delivers them.
- <sup>8</sup> Taste and see that the Lord is good; blessed is the one who takes refuge in him.
- <sup>9</sup> Fear the Lord, you his holy people, for those who fear him lack nothing.
- <sup>10</sup> The lions may grow weak and hungry, but those who seek the Lord lack no good thing.
- <sup>11</sup> Come, my children, listen to me; I will teach you the fear of the Lord.
- <sup>12</sup> Whoever of you loves life and desires to see many good days,
- <sup>13</sup> keep your tongue from evil and your lips from telling lies.
- <sup>14</sup> Turn from evil and do good; seek peace and pursue it.
- <sup>15</sup> The eyes of the Lord are on the righteous, and his ears are attentive to their cry;
- <sup>16</sup> but the face of the Lord is against those who do evil, to blot out their name from the earth.
- <sup>17</sup> The righteous cry out, and the Lord hears them; he delivers them from all their troubles.
- <sup>18</sup> The Lord is close to the brokenhearted and saves those who are crushed in spirit.
- <sup>19</sup> The righteous person may have many troubles, but the Lord delivers him from them all;
- <sup>20</sup> he protects all his bones, not one of them will be broken.
- <sup>21</sup> Evil will slay the wicked; the foes of the righteous will be condemned.
- <sup>22</sup> The Lord will rescue his servants; no one who takes refuge in him will be condemned.

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## Rejoice

### *Verse 1*

Come and stand before your maker  
Full of wonder full of fear  
Come behold his power and glory  
Yet with confidence draw near  
For the one who holds the heavens  
And commands the stars above  
Is the God who bends to bless us  
With an unrelenting love

### *Chorus 1*

Rejoice  
Come and lift your hands and raise your voice  
He is worthy of all praise  
Rejoice  
Sing the mercies of your king  
And with trembling rejoice

### *Verse 2*

We are children of the promise  
The beloved of the Lord  
Won with everlasting kindness  
Bought with sacrificial blood  
Bringing reconciliation  
To a world that longs to know  
The affections of a father  
Who will never let them go

### *Verse 3*

All our sickness all our sorrows  
Jesus carried up the hill  
He has walked this path before us  
He is walking with us still  
Turning tragedy to triumph  
Turning agony to praise  
There is blessing in the battle  
So take heart and stand amazed

### *Chorus 2*

Rejoice  
When you cry to him he hears your voice  
He will wipe away your tears  
Rejoice  
In the midst of suffering  
He will help you sing

CCLI Song # 7004663

Dustin Kensrue | Stuart Townend

## Who You Say I Am

### *Verse 1*

Who am I that the highest King  
Would welcome me  
I was lost but He brought me in  
Oh His love for me  
Oh His love for me

### *Chorus 1*

Who the Son sets free  
Oh is free indeed  
I'm a child of God  
Yes I am

### *Verse 2*

Free at last  
He has ransomed me  
His grace runs deep  
While I was a slave to sin  
Jesus died for me  
Yes He died for me

### *Chorus 2*

In my Father's house  
There's a place for me  
I'm a child of God  
Yes I am

### *Bridge*

I am chosen not forsaken  
I am who You say I am  
You are for me not against me  
I am who You say I am

CCLI Song # 7102401

Ben Fielding | Reuben Morgan

## How Deep the Father's Love For Us

### *Verse 1*

How deep the Father's love for us  
How vast beyond all measure  
That He should give His only Son  
To make a wretch His treasure  
How great the pain of searing loss  
The Father turns His face away  
As wounds which mar the Chosen One  
Bring many sons to glory

### *Verse 2*

Behold the Man upon a cross  
My sin upon His shoulders  
Ashamed I hear my mocking voice  
Call out among the scoffers  
It was my sin that held Him there  
Until it was accomplished  
His dying breath has brought me life  
I know that it is finished

### *Verse 3*

I will not boast in anything  
No gifts no power no wisdom  
But I will boast in Jesus Christ  
His death and resurrection  
Why should I gain from His reward  
I cannot give an answer  
But this I know with all my heart  
His wounds have paid my ransom

CCLI Song # 1558110

Stuart Townend