

# *Contentment*

THEMES FROM PHILIPPIANS

Enough

Enough always turns  
into not quite enough.

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.

Not that I am speaking of being in need, for I have learned, in whatever situation I am, to be content. 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. I can do all things through him who strengthens me.

Philippians 4:10-13

Contentment is a **settled confidence**  
that **God is enough** for me  
right here, right now.

**I have learned**, in whatever situation I am, to  
be content.

Philippians 4:11

Contentment is Learned

What you have **learned** and received and heard and seen in me—**practice** these things, and the God of peace will be with you.

Philippians 4:9

God is working in everything,  
even the hard things  
(Phil. 1:12, 19, 29; 2:13)

His future with Christ is secure,  
no matter what happens now  
(Phil. 2:9, 17; 3:12, 20–21)

His joy is rooted in Christ,  
not his circumstances  
(Phil. 4:4, 6–7, 9, 19)

work out your own salvation with fear and  
trembling, for it is God who works in you,  
both to will and to work for his good pleasure.

Philippians 2:12-13

Am I actually learning what God is teaching  
me right here, right now?

What were saying to God:

“I don’t trust what You’ve given...  
and I don’t trust what You’re doing.”

Contentment is learned through  
Gratitude



Contentment is learned through  
Clearing

What in my life is making God's gifts harder  
to see clearly?

Whatever is true, whatever is honorable,  
whatever is just, whatever is pure, whatever  
is lovely,

whatever is commendable, if there is any  
excellence, if there is anything worthy of  
praise, think about these things.

Philippians 4:8

What do you truly treasure?

But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of **knowing Christ Jesus my Lord.**

For his sake I have suffered the loss of all things and count them as rubbish, in order that **I may gain Christ**

Philippians 3:7-8

The secret of contentment is not changing  
what I have.

it's changing what I treasure.

**I have learned the secret** of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.

Philippians 4:12-13

In Finance  
In Work  
In Feelings  
In Friendship  
In Marriage

In Parenting  
In Health  
In Grief  
In Uncertainty

Enough

if Christ is not your treasure, then “enough”  
will always move.

What do you treasure?