

SEQUOIA NOTES

Today's Sequoia Message...

The Joy of Contentment

With Gerrit Nieuwoudt

July 19, 2026



Philippians 4:10-20 (NIV) 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. ¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I 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. ¹³I can do all this through him who gives me strength.

¹⁴Yet it was good of you to share in my troubles. ¹⁵Moreover, as you Philippians know, in the early days of your acquaintance with the gospel, when I set out from Macedonia, not one church shared with me in the matter of giving and receiving, except you only; ¹⁶for even when I was in Thessalonica, you sent me aid more than once when I was in need. ¹⁷Not that I desire your gifts; what I desire is that more be credited to your account. ¹⁸I have received full payment and have more than enough. I am amply supplied, now that I have received from Epaphroditus the gifts you sent. They are a fragrant offering, an acceptable sacrifice, pleasing to God. ¹⁹And my God will meet all your needs according to the riches of his glory in Christ Jesus.

²⁰To our God and Father be glory for ever and ever. Amen

1) What is the Secret of Contentment? (v. 11-13)

¹¹"...I have learned to be content whatever the circumstances..."¹²I have learned the secret of being content..."

- **Contentment is Learned.**
- **Contentment is Independent of Circumstances.**
- **Contentment is Rooted in Christ.**

¹³"I can do all this through him who gives me strength."

2) What is the Fruit of Contentment? (v. 14-18)

- **It frees us to care for Others.**

¹⁴"Yet it was good of you to share in my troubles."

- **It produces Generosity and Partnership.**

¹⁷"Not that I desire your gifts; what I desire is that more be credited to your account..."¹⁸They are a fragrant offering, an acceptable sacrifice, pleasing to God."

3) The Foundation of Contentment / Rests on God's Faithful Provision.

¹⁹"God will meet all your needs according to the riches of his glory in Christ Jesus."

Romans 8:32 (NIV) "He who did not spare His own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?"

Philippians 3:8 (NIV) "I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord."

Big Idea: Contentment is not getting everything we want; it is trusting the One who gives us everything we need.



**Sequoia Impact Communities are where we
live out our identity as a
Family of Servants on Mission.**

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impactcommunities@sequoiachurch.org

**The Joy of Contentment
#14 of 15 - July 19, 2026**

Context

1. Paul writes these verses after receiving a financial gift from the Philippian church while he is imprisoned in Rome. How does Paul's situation make his teaching on contentment more credible and compelling?
2. Throughout Philippians, Paul repeatedly points to joy, humility, and trust in Christ. How does this final section (4:10–20) bring together many of the themes Paul has emphasized throughout the letter?

Observation

3. Read Philippians 4:10–20 together. What contrasts do you notice in verses 11–13? (For example: need and abundance, hunger and plenty, hardship and comfort.) What do these contrasts reveal about Paul's understanding of contentment?
4. As you read verses 14–20, what do you notice about the relationship between contentment, generosity, and God's provision? Why do you think Paul spends so much time talking about the Philippians' gift?

Meaning

5. The sermon described biblical contentment as "the quiet confidence that God is good, God is faithful, and He will provide exactly what we need as we trust in Him." How does that definition differ from the way our culture typically understands contentment or happiness?
6. Philippians 4:13 is one of the most quoted verses in Scripture. After reading it in context, what do you think Paul is actually saying? How does understanding the context change the way we apply this verse?

Application

7. Paul says he "learned" to be content. Looking back over your life, can you identify a season where God taught you to trust Him more deeply? How has remembering God's faithfulness in the past helped you trust Him with the future?
8. The sermon reminded us that "Contentment is not getting everything we want; it is trusting the One who gives us everything we need." Is there an area of your life where you are struggling to trust God's provision today? What is one practical step you can take this week to grow in contentment?
9. Spend time thanking God for His faithfulness & provision. Invite each person to share one area where they need to trust God more fully. Pray that the Holy Spirit would help each person learn contentment by fixing their eyes on Christ rather than their circumstances.



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