

**in·ten·tion·al**

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**Point: It's not always the giant things...many times it's the little things done with great intentionality and love that change the world.**



**Series Passage:**

**Hebrews 13:1-5 (NLT)**

**Hospitality, Empathy, Honoring  
Spouse, Contentment**



**BIG IDEA:**

**One of the most intentional  
things we can do is to be  
content .**



**Definition - Biblical  
contentment is peace and  
satisfaction that stems from a  
trust in God's provision and  
sovereignty, regardless of  
external circumstances.**



## Philippians 4:12-13

**I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. For I can do everything through Christ, who gives me strength.**



**How content are you today?**

**Are you always looking for  
something else, the next big  
thing, the next something?**



## Philippians 4:1-8 (NLT)

Therefore, my dear brothers and sisters, stay true to the Lord. I love you and long to see you, dear friends, for you are my joy and the crown I receive for my work. 2 Now I appeal to Euodia and Syntyche. Please, because you belong to the Lord, settle your disagreement. 3 And I ask you, my true partner, to help these two women, for they worked hard with me in telling others the Good News. They worked along with Clement and the rest of my co-workers, whose names are written in the Book of Life.



**4 Always be full of joy in the Lord. I say it again—rejoice!**

**5 Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. 6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.**



**7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.**



# Paul's Secret to Contentment

- He understood the blessings of friendship/fellowship/discipleship
- He believed joy is found in the Lord and His purpose (not circumstances)
- He knew that giving is the antidote to wanting.



# Paul's Secret to Contentment

- He had absolute faith that the Lord would care for him.
  - Faith is a gift of God (Eph. 2:8-9)
  - Faith comes from hearing the Word of God (Romans 10:17)
  - It's ok to ask for more faith (Mark 9:24)



# Paul's Secret to Contentment

- He used his brain to think about things worth thinking about.
  - Philippians 4:8, Romans 10:17, Romans 12:2



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## **Intentional Part 4 – “Contentment” (cont.)**

### **Hebrews 13:1-5**

BIG IDEA: One of the most intentional things we can do is to be *content*.

Definition - Biblical contentment is peace and satisfaction that stems from a trust in God's provision and sovereignty, regardless of external circumstances.

Philippians 4:12-13 (NLT)

Philippians 4:1-8 (NLT)

Today’s Question(s): How content are you? Are you always looking for something else, the next big thing, the next something?

#### **Paul’s Secret to Contentment**

1. He understood the blessings of friendship/fellowship/discipleship
2. He believed Joy is found in the Lord and His purpose (not circumstances)
3. He knew that giving is the antidote to wanting.

4.

5.