

# The Secret of Contentment

Mike Towner

---

April 7, 2019

Our Purpose: To be a community of believers where, no matter who you are, you can experience life change through Jesus Christ.

## God has a plan for your Contentment beyond your Circumstance.

*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.*

—Philippians 4:10 (ESV)

*Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.*

—Philippians 4:11 (ESV)

### 1. Contentment is POSSIBLE

#### 2. In EVERY Situation

*25 Three times I was beaten with rods. Once I was stoned. Three times I was shipwrecked; a night and a day I was adrift at sea; 26 on frequent journeys, in danger from rivers, danger from robbers, danger from my own people, danger from Gentiles, danger in the city, danger in the wilderness, danger at sea, danger from false brothers; 27 in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. 28 And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.*

—2 Corinthians 11:25-28 (ESV)

### 3. Constant Contentment Can Be LEARNED

*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.*

—*Philippians 4:12 (ESV)*

*13 I can do all things through him who strengthens me.*

—*Philippians 4:13 (ESV)*

**Christ SUSTAINS Us When Life Feels UNSUSTAINABLE.**

**4. The Secret of Contentment Is This: Jesus Is ENOUGH**

*“You don’t know Jesus is all you need until Jesus is all you have.”*

—*Tim Keller*

*I have said these things to you, that **in me** you may have **peace**. In the world you will have tribulation. But take heart; I have overcome the world*

—*John 16:33 (ESV)*