



August 1, 2021  
Worship Service  
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WeAreLifeBridge.com

## PHILIPPIANS: Joy in the Journey

Lesson Twenty-Eight • Philippians 4:10-13  
**The Secret of Contentment**

### Two Temptations in Tough Times

Tough times pose two temptations: ANXIETY and DISCONTENT.

Anxiety frets over the question, "Will I have enough to survive?"

Discontent asks, "Do I have enough to make me happy?"

### The Secret of Contentment

## 1. Contentment Is JOYFUL for the Loving Concern of Others!

*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... Philippians 4:10-11*

## 2. Contentment Is SATISFIED in Whatever Situation God Allows or Appoints!

*...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. Philippians 4:11-12*

### The Rare Jewel of Contentment

- Be content with WHERE you are when it comes to status.
  
- Be content with WHAT you have when it comes to stuff.

## 3. Contentment Is LEARNED Over Time as We Face Times of Abundance and 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. Philippians 4:11-12*

### The School of Abundance and Need

- When in the school of abundance, exalt Jesus as the GIVER of that abundance.
  
- When in the school of need, count Jesus as the ultimate GAIN in your life.

## 4. Contentment Is ROOTED in Christ's Sufficiency Not Self-Sufficiency!

*I can do all things through Him who strengthens me. Philippians 4:13*

### Contentment and Christ

The "secret" of contentment is to treasure Christ as the Sovereign Savior who is worthy of your trust in every situation.

### Contentment Evaluation

On a scale of 1 to 10 (1 = discontent and 10 = content), how content are you?  
In what areas of life do you need to learn contentment?