

# PHILIPPIANS



# PHILIPPIANS 4:10–13

<sup>10</sup> 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. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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. <sup>13</sup> I can do all things through him who strengthens me.

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**Psalm 42:5**

Why, my soul, are you so dejected?

Why are you in such turmoil?

Put your hope in God, for I will still praise him,  
my Savior and my God.

# WHAT CHRISTIAN CONTENTMENT IS NOT

## ❖ Christian contentment is not automatic.

*You have no need to teach men to complain; they complain fast enough without any education. But the precious things of the earth must be cultivated. If we would have wheat, we must plough and sow; if we want flowers, there must be the garden, and all the gardener's care. Now, contentment is one of the flowers of heaven, and if we would have it, it must be cultivated.*

— Charles Spurgeon

# WHAT IS CHRISTIAN CONTENTMENT?

*Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.*

— Jeremiah Burroughs



# 1. CHRISTIAN CONTENTMENT IS NOT BASED ON OUR CIRCUMSTANCES.

10 But I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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.

# 1. CHRISTIAN CONTENTMENT IS NOT BASED ON OUR CIRCUMSTANCES.

*To be content as a result of some external thing is like warming a man's clothes by the fire. But to be content through an inward disposition of the soul is like the warmth that a man's clothes have from the natural heat of the body. A man who is healthy in body puts on his clothes, and perhaps at first on a cold morning they feel cold. But after he has had them on a little while they are warm... Now when a sickly man, the natural heat of whose body has deteriorated, puts on his clothes, they do not get hot after a long time. He must warm them by the fire, and even then they will soon be cold again.*

— Jeremiah Burroughs



# 1. CHRISTIAN CONTENTMENT IS NOT BASED ON OUR CIRCUMSTANCES.

John 4:13–14

<sup>13</sup> Jesus said, “Everyone who drinks from this water will get thirsty again. <sup>14</sup> But whoever drinks from the water that I will give him will never get thirsty again. In fact, the water I will give him will become a well of water springing up in him for eternal life.”

# 1. CHRISTIAN CONTENTMENT IS NOT BASED ON OUR CIRCUMSTANCES.

## 2 Corinthians 4:8–9

<sup>8</sup> We are afflicted in every way, but not crushed; perplexed, but not driven to despair; <sup>9</sup> persecuted, but not forsaken; struck down, but not destroyed...

## 2. CHRISTIAN CONTENTMENT IS POSSIBLE IN ANY SITUATION.

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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.

# 3. CHRISTIAN CONTENTMENT IS NEEDED IN HARD TIMES AND GOOD TIMES.

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.

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*He had mastered the art of being hungry without murmuring, the art of being full without boasting, the art of suffering need without impatience, the art of abounding without setting his affection on worldly things.*

— Charles Spurgeon



### 3. CHRISTIAN CONTENTMENT IS NEEDED IN HARD TIMES AND GOOD TIMES.

*When he had much, he knew how to use it. He had asked of God that he might be kept humble—that when he had a full sail he might have plenty of ballast; that when his cup ran over he might not let it run to waste; that in his time of plenty he might be ready to give to those that needed...*

— Charles Spurgeon



# 4. CHRISTIAN CONTENTMENT MUST BE LEARNED

## THROUGH EXPERIENCE.

11 For that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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.

# 4. CHRISTIAN CONTENTMENT MUST BE LEARNED THROUGH EXPERIENCE.

James 1:2–3

<sup>2</sup> Consider it a great joy, my brothers and sisters, whenever you experience various trials, <sup>3</sup> because you know that the testing of your faith produces endurance.

# 4. CHRISTIAN CONTENTMENT MUST BE LEARNED THROUGH EXPERIENCE

2 Corinthians 11:24–28

<sup>24</sup> Five times I received the forty lashes minus one from the Jews. <sup>25</sup> Three times I was beaten with rods. Once I received a stoning. Three times I was shipwrecked. I have spent a night and a day in the open sea. <sup>26</sup> On frequent journeys, I faced dangers from rivers, dangers from robbers, dangers from my own people, dangers from Gentiles, dangers in the city, dangers in the wilderness, dangers at sea, and dangers among false brothers; <sup>27</sup> toil and hardship, many sleepless nights, hunger and thirst, often without food, cold, and without clothing. <sup>28</sup> Not to mention other things, there is the daily pressure on me: my concern for all the churches.



# 4. CHRISTIAN CONTENTMENT MUST BE LEARNED THROUGH EXPERIENCE.

**Hebrews 5:8**

Although he was a son, he learned obedience through what he suffered.

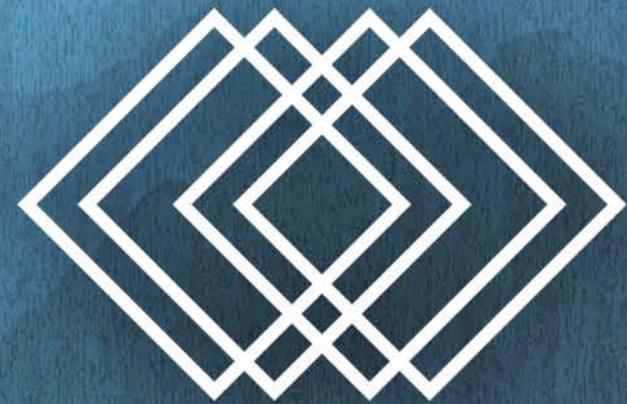
# 5. CHRISTIAN CONTENTMENT FLOWS FROM OUR UNION

**WITH CHRIST.** I have learned the secret... <sup>13</sup> I can do all things through him who strengthens me.

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John 4:31–34

<sup>31</sup> The disciples were urging him, saying, “Rabbi, eat.” <sup>32</sup> But he said to them, “I have food to eat that you do not know about.” <sup>33</sup> So the disciples said to one another, “Has anyone brought him something to eat?” <sup>34</sup> Jesus said to them, “My food is to do the will of him who sent me and to accomplish his work.



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