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BEREAN BAPTIST CHURCH

The Secret of Contentment

Philippians 4:10-13



¹⁰ 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. ¹¹ Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. ¹² 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. ¹³ I can do all things through him who strengthens me. ¹⁴ Yet it was kind of you to share my trouble. ¹⁵ And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. ¹⁶ Even in Thessalonica you sent me help for my needs once and again. ¹⁷ Not that I seek the gift, but I seek the fruit that increases to your credit. ¹⁸ I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. ¹⁹ And my God will supply every need of yours according to his riches in glory in Christ Jesus.



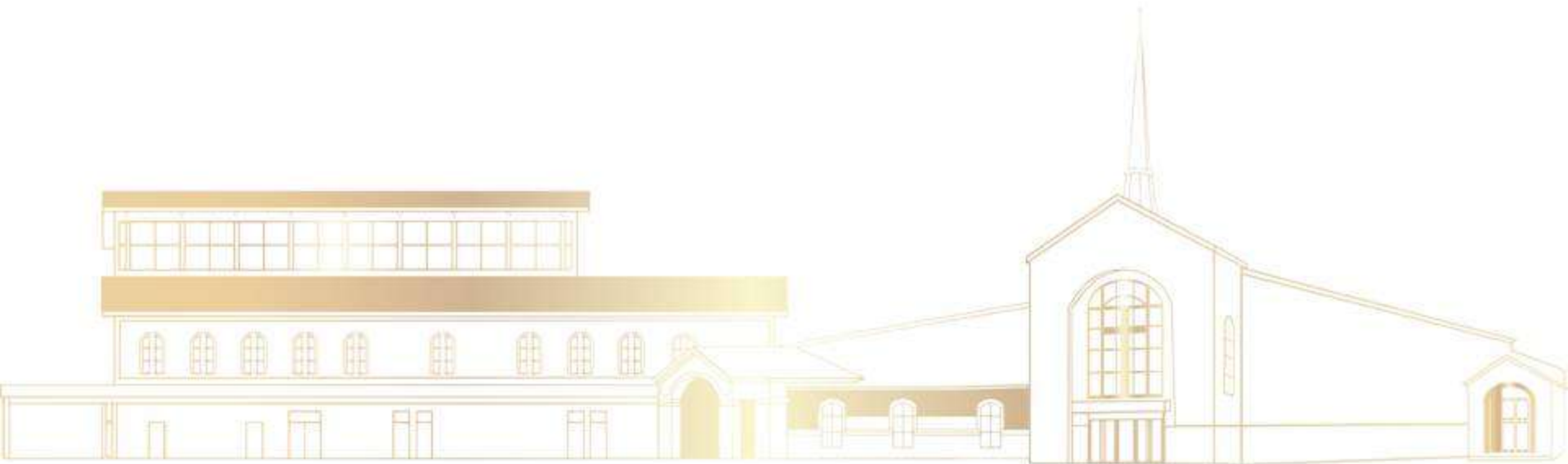
Philippians 4:10



- 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.

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**What is Paul talking
about in v. 10?**



Paul is in a Roman prison. He is in a prison that does not provide for its inmates. Paul's existence and standard of living in prison is completely dependent upon what others provide for him.

And the Philippian church has sent him a financial gift for which he is rejoicing.



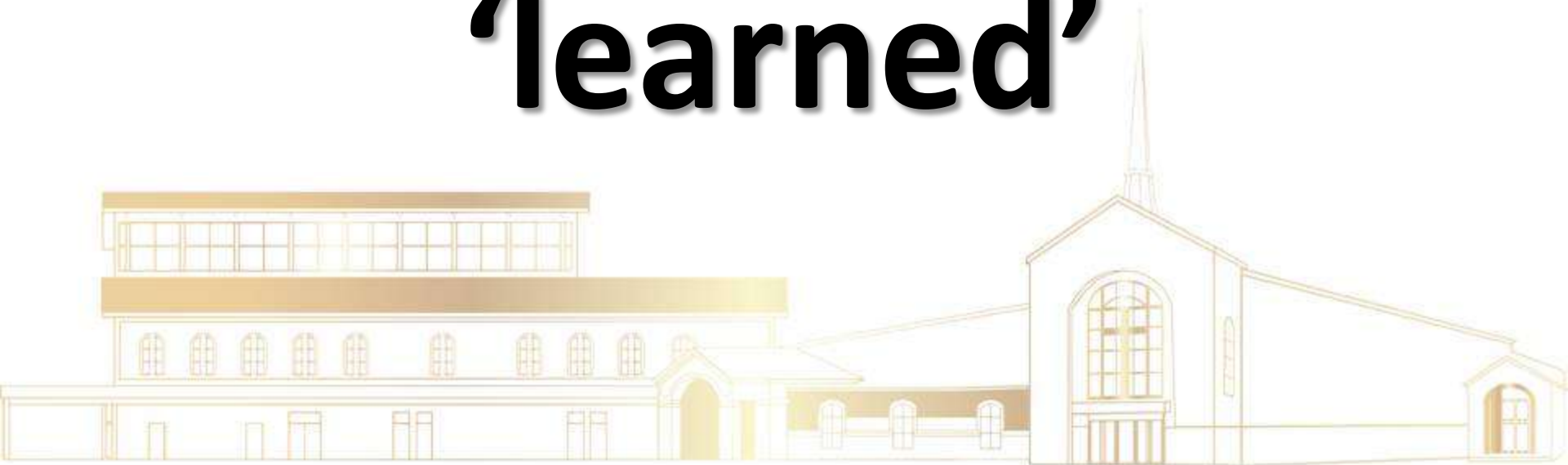
Philippians 4:11



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

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Twice Paul references 'learned'



Philippians 4:11



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

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**What does it
mean to be
content?**



Content

**feeling or manifesting
satisfaction with one's
possessions, status, or
situation**



- **By satisfied we do NOT mean complacent.**
- **By satisfied we do NOT mean the absence of a desire to change the situation.**
- **By satisfied we do NOT mean happy or thrilled with our circumstances.**



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Discontentment

Is a problem
in a fallen
world.



Our Fallen Nature

Believes that happiness is found in the possession of more things. Materialism fuels discontentment.



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**Materialism burns on
the fuels of
discontentment and
envy.**



Contentment includes:

- **Absence of self-pity**
- **Absence of envy**
- **Absence of despair**
- **Absence of anxiety**
- **Absence of complaining**
- **Presence of joy in the Lord**
- **Presence of peace**



Philippians 4:12 (ESV)










- 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.

Do you have a KJV?

Philippians 4:12



- I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need.

↑		G3956	πᾶς <i>pas</i>		
and		G2532	καί <i>kai</i>		
in		G1722	ἐν <i>en</i>		
all things	PHRASE	G3956	πᾶς <i>pas</i>		
I am instructed	PHRASE	G3453	μυέω <i>myeō</i>		PARSE
both		G2532	καί <i>kai</i>		
to be full	PHRASE	G5526	χορτάζω <i>chortazō</i>		PARSE



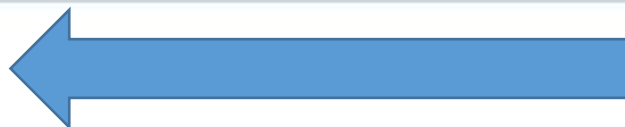
μυέω

Transliteration*myeō***Pronunciation**

mü-e'-ō (Key)

**Part of Speech**

verb

**Root Word (Etymology)**From the base of *μυστήριον* (G3466)**Textus Receptus Occurrences — 1x in 1 unique form(s)***μεμύημαι — 1x*

μυστήριον

Transliteration

mystērion

Pronunciation

mü-stā'-rē-on (Key)



Part of Speech

neuter noun

Root Word (Etymology)

From a derivative of muo (to shut the mouth)

KJV Translation Count — Total: 27x

The KJV translates Strong's G3466 in the following manner: *mystery* (27x).

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**What is the mystery
of contentment Paul
learned?**



**What must I
learn to be
content?**



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Look Back @ ch. 2 v. 24



Philippians 2:24 (AV)



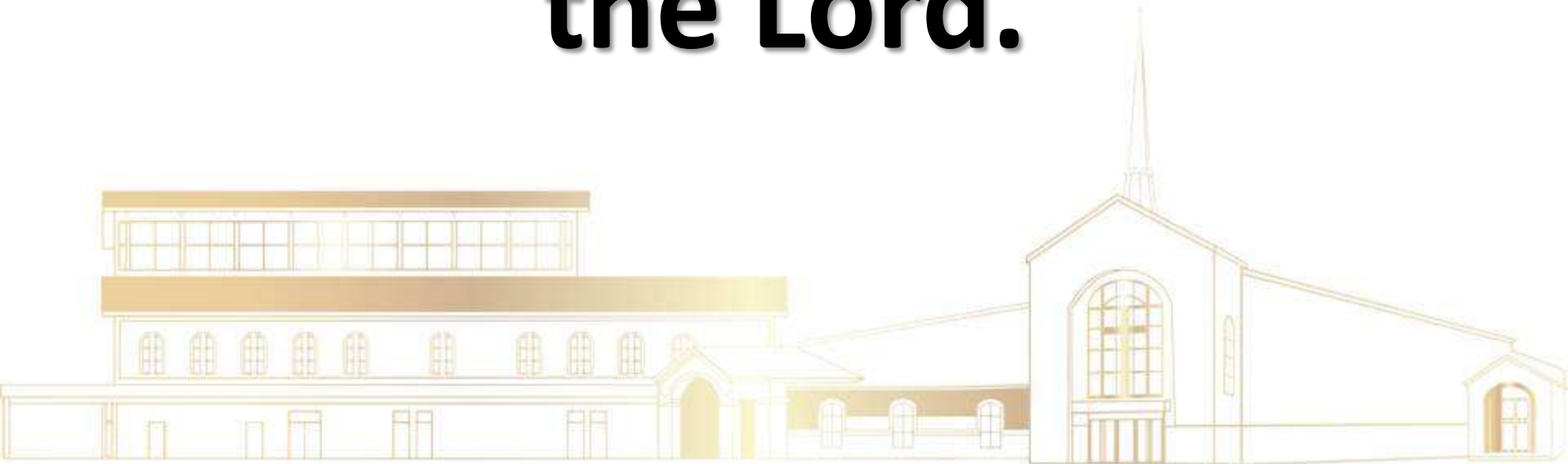
- **But I trust in the Lord that I also myself shall come shortly.**

**Trusting in the Lord must
become a way of life!**

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#1

**I must learn to trust in
the Lord.**



**Is my heavenly
Father watching over
me or not?**

Luke 12:22–30 (ESV)



²²And he said to his disciples, “Therefore I tell you, do not be anxious about your life, what you will eat, nor about your body, what you will put on. ²³ For life is more than food, and the body more than clothing. ²⁴ Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! ²⁵ And which of you by being anxious can add a single hour to his span of life? ²⁶ If then you are not able to do as small a thing as that, why are you anxious about the rest? ²⁷ Consider the lilies, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. ²⁸ But if God so clothes the grass, which is alive in the field today, and tomorrow is thrown into the oven, how much more will he clothe you, O you of little faith! ²⁹ And do not seek what you are to eat and what you are to drink, nor be worried. ³⁰ For all the nations of the world seek after these things, and your Father knows that you need them.



**Do you know
what
Proverbs 3:5-6
says?**



Proverbs 3:5-6

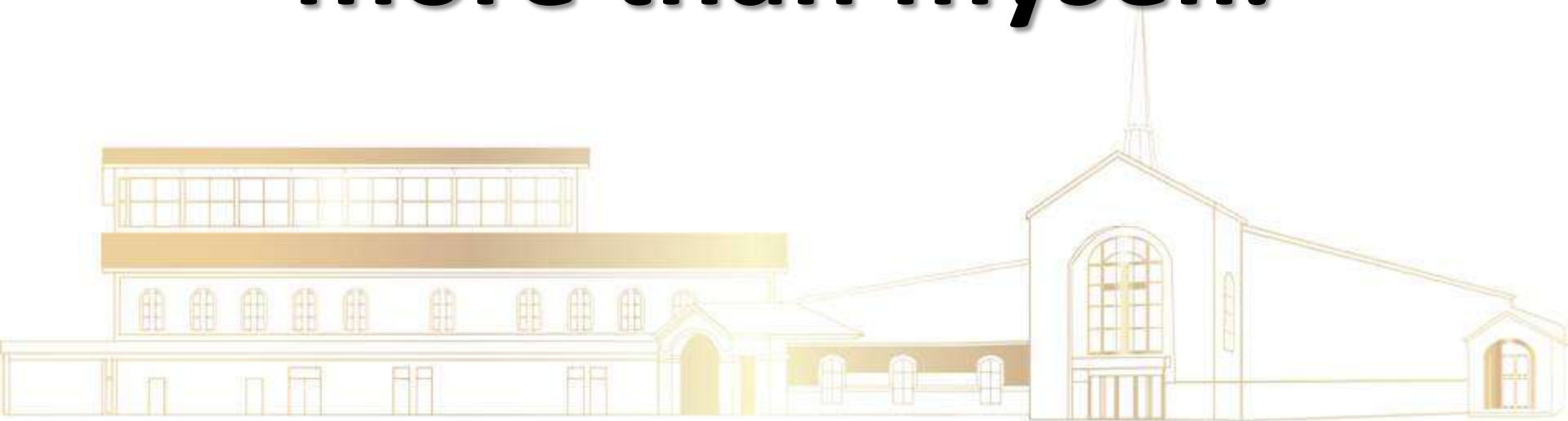
- Trust in the LORD with all thine heart; and lean not unto thine own understanding.
- In all thy ways acknowledge him, and he shall direct thy paths.



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#2

**I must learn to love God
more than myself.**



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Discontentment
distracts me from
loving God and
others.



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Discontentment

and joy are
mutually exclusive.

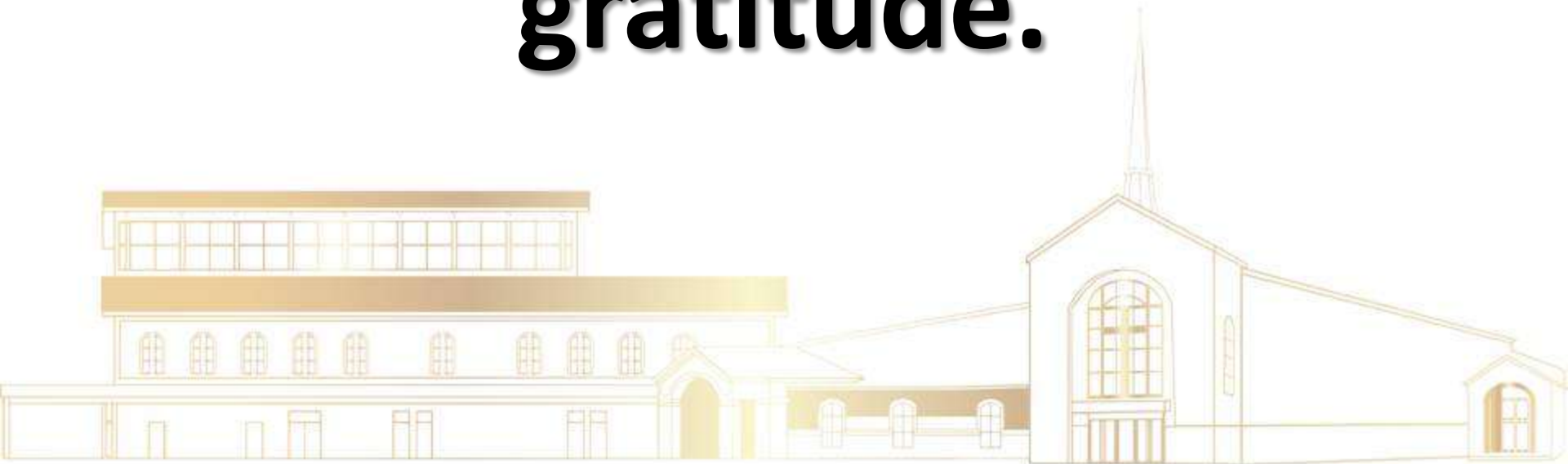
Thus, if I desire joy I
must learn to be content.



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#3

**I must learn to express
gratitude.**



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Gratitude Is A Game changer for everyone involved.



Philippians 1:3



- I thank my God
upon every remembrance of
you,

Philippians 4:6 (ESV)



- do not be anxious about anything, but in everything by prayer and supplication **with thanksgiving** let your requests be made known to God.

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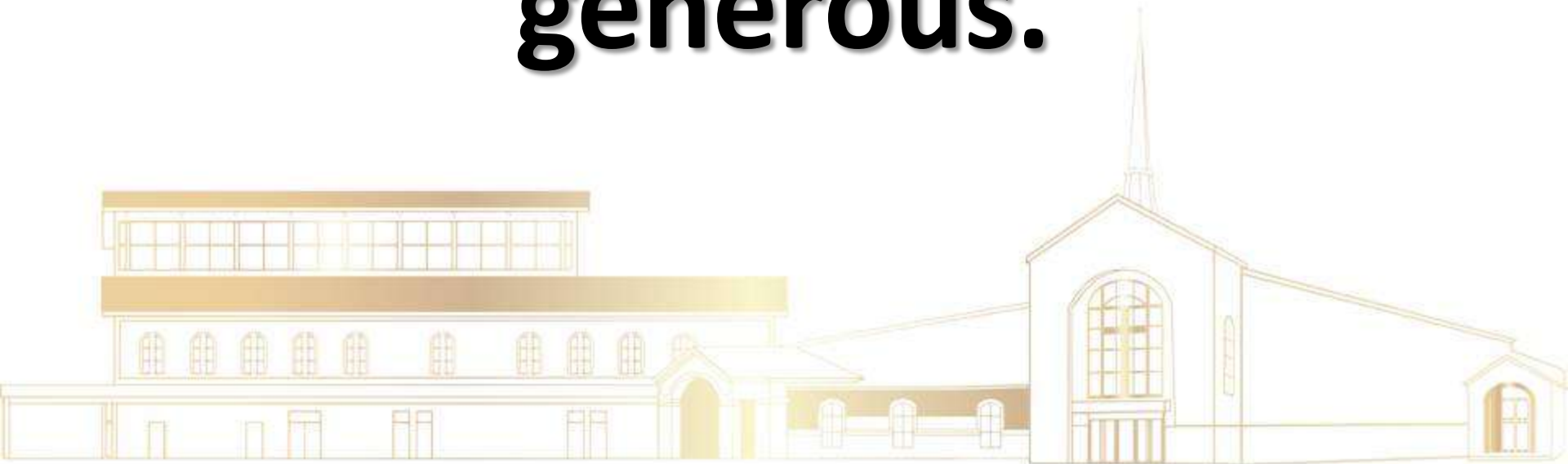
Expressing
gratitude creates
perspective.



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#4

**I must learn to be
generous.**



Luke 6:38 (ESV)

- **Give,** and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”



**Being generous is the #1
antidote to the sin of
coveting and coveting
and contentment are
mutually exclusive.**



Do you agree with me
when I say that
coveting & contentment
are mutually
exclusive?



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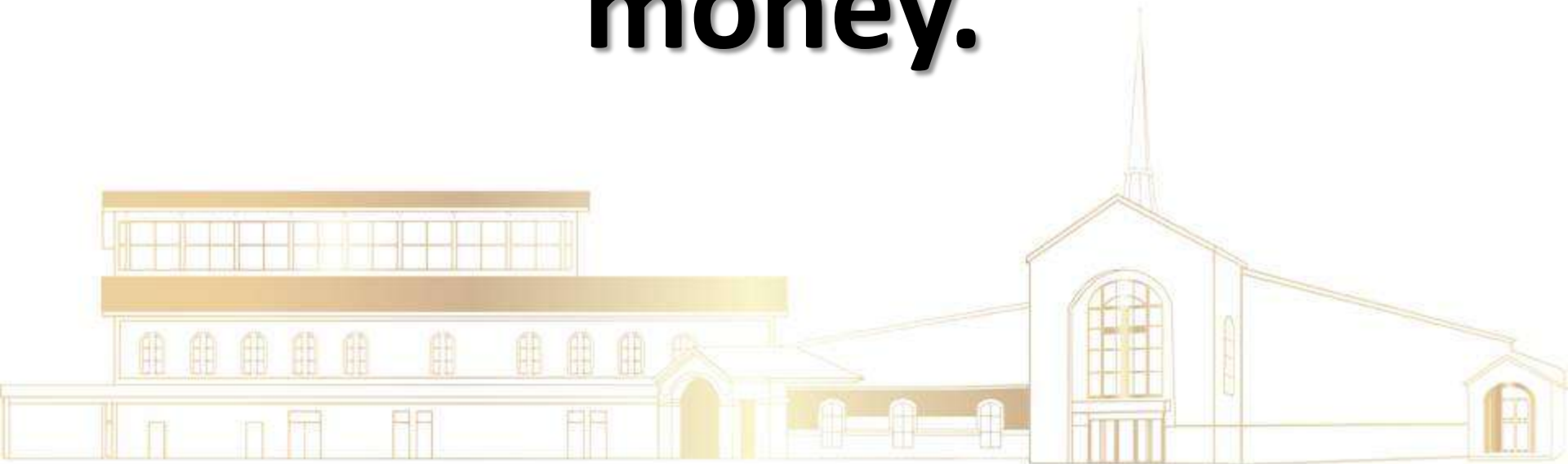
**Am I a
generous
person?**



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#5

**I must learn not love
money.**



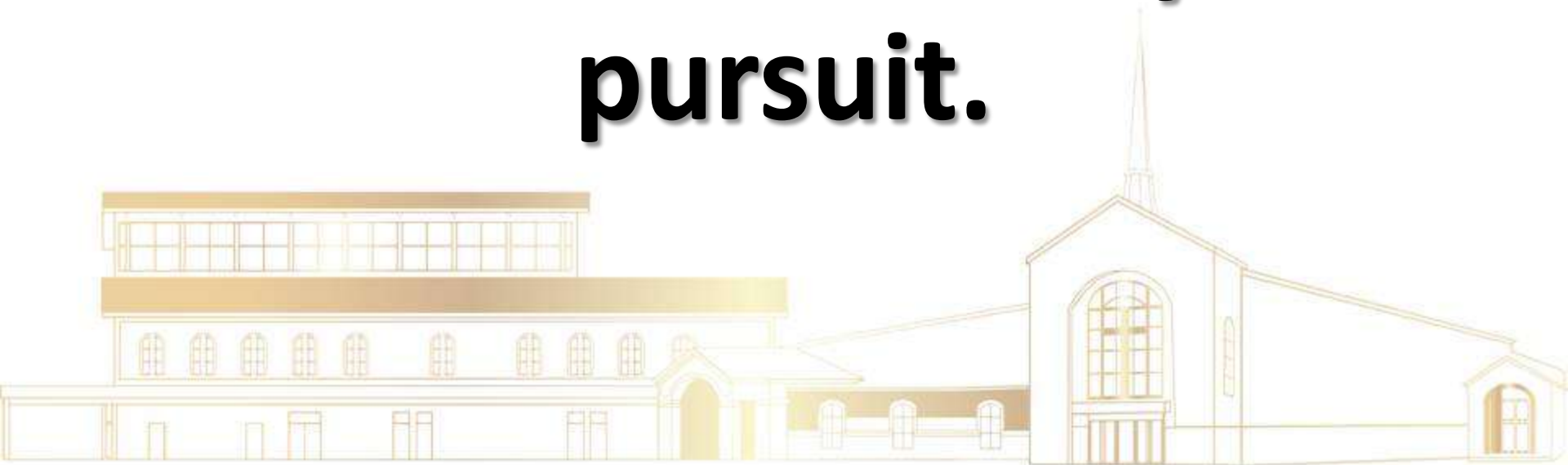
Hebrews 13:5



- Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

#6

**I must see contentment
as a virtue worthy of
pursuit.**



1 Timothy 6:6, 8



- But godliness with contentment is great gain,

#7

**I must learn to pray
more. Without prayer I
may lose hope.**



Philippians 4:6



- do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

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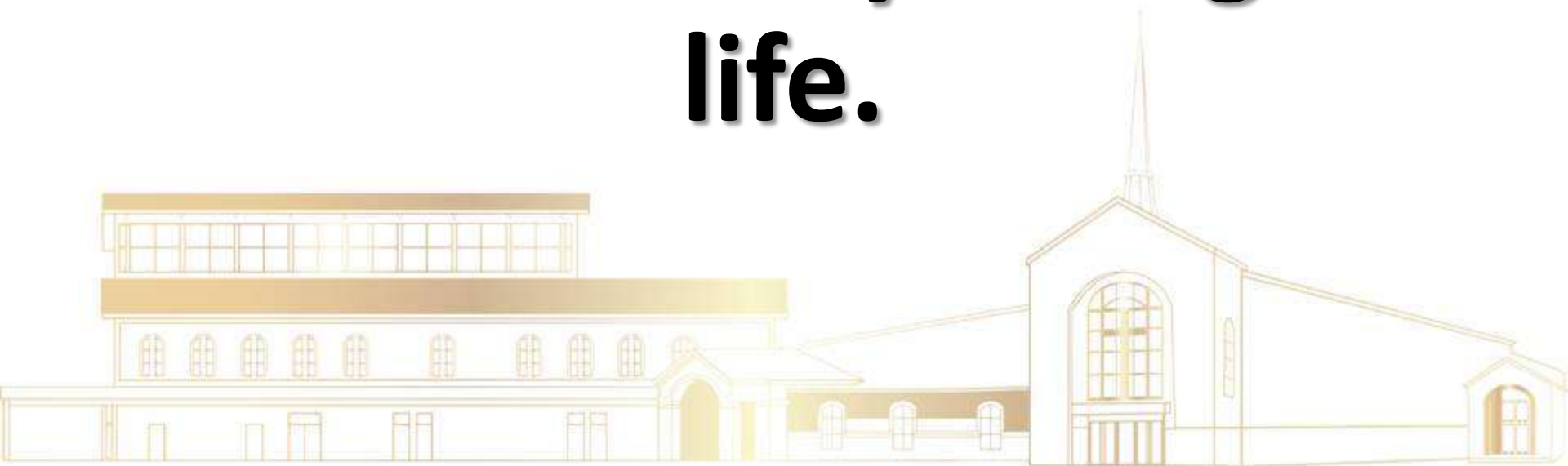
**If you desire that a
situation change—
tell God about it.
Pray.**



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#8

**I must learn to take
control of my thought
life.**



2 Corinthians 10:5

- We destroy arguments and every lofty opinion raised against the knowledge of God, **and take every thought captive to obey Christ,**



**I can't be content if my thought
life is running a muck.**

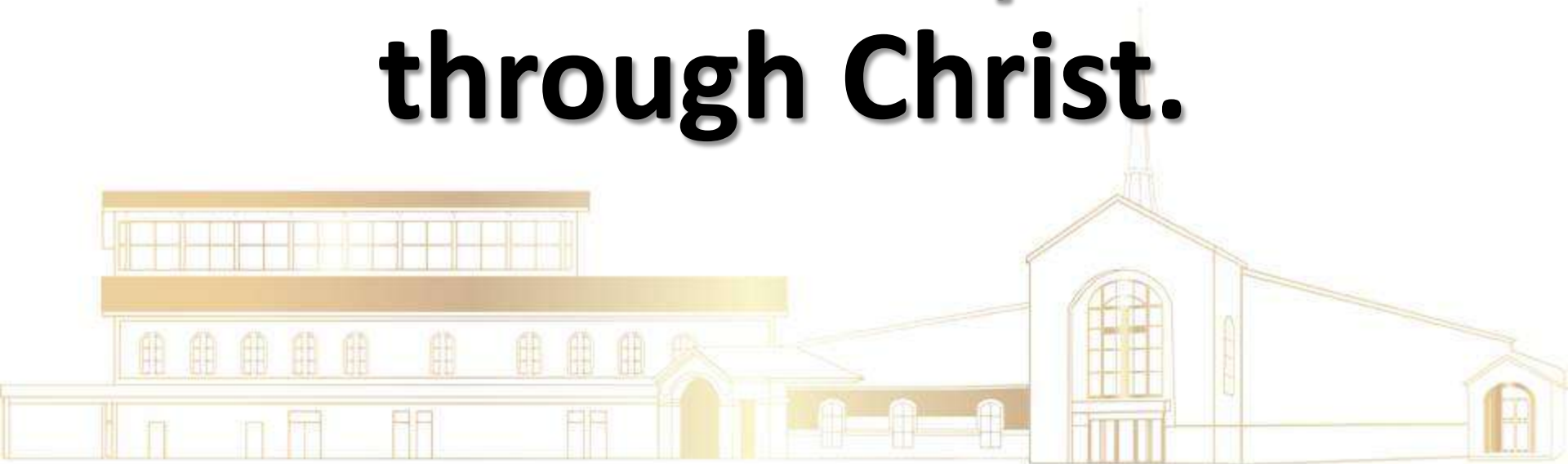
**Feelings of envy, self-pity,
discontentment, despair all
compete for my affections for
God.**



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#9

**I must see that
contentment is possible
through Christ.**



Philippians 4:13



- I can do all things through Christ which strengtheneth me.

Phil 4:13 is one of the most abused verses in the entire Bible.

Paul is not teaching you can become a star in the NBA or the first woman President through Christ.

Context deals with contentment.



Blue Letter Bible

HELP QUICKNAV ADV. OPTIONS

Verse or Word(s) KJV

KJV
CLICK TO CHANGE

< > >> COPY COPY OPTIONS STRONG'S FORMAT BY: VERSE PARAGRAPH

INTERLI BIBLES CROSS-REFS COMMENTARIES DICTIONARIES MISC

Textus Receptus

4:13 πάντα ἰσχύω ἐν τῷ ἐνδυναμοῦντί με Χριστῷ

Interlinear Reverse Interlinear

English (KJV) [?]	Strong's	Root Transliterated	Parsing
I can do	G2480	ἰσχύω ischyō	PARSE
all things	G3956	πᾶς pas	

All things is in the beginning of the sentence.



All things I can do through
Christ who strengthens me.

Positioning “all things” at the
beginning of the sentence further
emphasizes the connectivity between
v. 12 and v. 13.



Philippians 4:12 (ESV)



- 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.

Paul is teaching his reader that the power (strength) to learn the secret of being content in **all things comes from Christ. Where **all things** refers to all the different situations and scenarios we will face in a fallen world.**



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Let's Review



- 1. I must learn to trust in my Lord.**
- 2. I must learn to love God more than myself.**
- 3. I must learn to express gratitude.**
- 4. I must learn to be generous.**
- 5. I must learn not love money.**
- 6. I must see contentment as a virtue worthy of pursuit.**
- 7. I must learn to pray more. Without prayer I may lose hope.**
- 8. I must learn to take control of my thought life.**
- 9. I must learn that contentment is possible through Christ.**





Philippians 4:19



- **And my God will supply every need of yours according to his riches in glory in Christ Jesus.**