



#13 – Philippians

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FoothillsBibleChurch.org/sermons

Philippians

February 14, 2021 The Secret to Contentment Philippians 4:10-13

The Secret to Contentment

Philippians 4:10-13

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

1 - What is contentment?

2 - What is the secret to experience contentment?

1 - What is contentment?

- More
- Less
- Trouble-free life



Philippians 4:11

... I have learned in whatever situation I am to be **content**

Contentment = you have all you need for whatever you're facing; all sufficiency

Contentment is the opposite of **Discontent**.

Contentment is not **denial**.

Contentment is not **settling**.

I have all I need for what I am facing.

Philippians 4:12

¹²I 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.

... I can do all things through Jesus who strengthens me.

I have all I need for what I am facing.

2 - What is the secret to experience contentment?

... I have learned the secret (4:12)

5 Secret Ingredients that Make Contentment

1 – God-focused Thoughts

... think about these things (Philippians 4:8)

... take every thought captive to obey Christ (2 Corinthians 10:5)

5 Secret Ingredients that Make Contentment

1 – God-focused Thoughts

2 – Rejoice in the Lord

I rejoiced in the Lord greatly ... (Philippians 4:10)

5 Secret Ingredients that Make Contentment

1 – God-focused Thoughts

2 – Rejoice in the Lord

3 – Cheer for Others

Philippians 2:3-4

³ Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. ⁴ Let each of you look not only to his own interests, but also to the interests of others.



It is hard to be jealous of someone when you are their biggest fan!

5 Secret Ingredients that Make Contentment

- 1 – God-focused Thoughts
- 2 – Rejoice in the Lord
- 3 – Cheer for Others
- 4 – Serve fully where you are**

5 Secret Ingredients that Make Contentment

- 1 – God-focused Thoughts
 - 2 – Rejoice in the Lord
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 - 5 – Prayer**
- Philippians 4:6 ... let your requests be made known to God.

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Growth Group Questions The Secret to Contentment Philippians 4:10-13

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Big Idea: Rejoicing is the secret to contentment.

Goal: Find contentment *in the Lord* rather than anything else.

Prepare

This week we are diving into Philippians 4:10-13 asking God to help us find contentment in the Lord. The personal preparation time and discussion are meant to help us flesh out what we have learned through the sermon and apply it more thoroughly in our lives together.

Watch Pastor Shawn's sermon, *The Secret to Contentment*, noting anything memorable and impactful as you go. You can take notes in the FBC app if you would like.

Read Philippians 4:10-13 and review the previous chapters.



Pray: Father, show us more of Yourself so we can be more content in You and reveal where we are still looking to lesser things to be content.

Connect

1. If you could only eat one food for the rest of your life, what would it be? How long do you think it would take to hate it?

Discussion Take some time to personally reflect on these questions after viewing the sermon and before your G2. It could make for a great morning devotional time! You can type and save your responses in the FBC app privately if you would like.

1. What did you learn about God and yourself from this sermon and passage and what would you like to see change in your life because of it?
2. *Content* in the original context referred to a self-sufficient country in no need of imports. What does the life of a *person* in no need of imports look like?
3. What causes you to grumble and complain? For help, fill in the blank: If I could just _____ I would be content. If I can _____ I will be satisfied.
4. Apply the 5 ingredients of contentment to an area where you are discontent. Ask your G2 to help you. 1. God focused thoughts. 2. Rejoice in the Lord. 3. Cheer for others. 4. Serve fully where you are. 5. Prayer.
 - a. Contentment is not something we manufacture; it is something we receive from those 5 ingredients. How will you cultivate each of these further in your life?
 - b. Share about a time these 5 ingredients helped you be more content than expected in a difficult circumstance or how they tempered your delight in something positive.



Closing Prayer This prayer section is a guide to help you process with God what you have learned about Him and yourself through the sermon, personal preparation time, and discussion, then seek the Holy Spirit's power in applying it in your life. Sharing these responses in your G2 will help others gain insight into God and themselves while also helping and encouraging one another toward growth.

1. **Admire:** What have you learned about God through this sermon, discussion, and Scripture? Praise Him for it.
2. **Admit:** What has the Holy Spirit revealed to you as areas where you are falling short? Confess it to God.
3. **Aspire:** What is a specific change you want to see in your life or action you and/or your G2 could take based in this time of interaction?
4. **Ask:** As you share prayer requests, try to also share how you will rejoice in the Lord in the midst of them. Keep track of requests and celebrations from others in your G2 and pray for them.

