

Philippians 4:4-13

⁴Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you. ¹⁰I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. ¹¹I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do all this through him who gives me strength.

Paul is giving a poultice of power-filled spiritual weapons that will provide you peace and contentment no matter what this age brings.

- Paul's recipe requires action.

Paul's Secret Sauce of Contentment

1. Rejoice, Rejoice!
2. Be gentle for the Lord is near.
3. Be anxious for nothing.
4. Pray with thanksgiving.
5. Present your request to God.
6. Let God be in charge of bringing supernatural peace.
 - a. True peace is supernatural.
 - b. Vs. 7 “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Contentment is greatly determined by where you pitch your mental and emotional tent.

- The root of contentment is contents.
- Vs. 8 *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Vs. 11-13 *I am not saying this because I am in need, for I have learned to be content whatever the circumstances.* ¹²*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.* ¹³*I can do all this through him who gives me strength.*

- Learned: Contentment is not innate to anyone, but must be learned, even fought for.
 - Vs. 9 *Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you*
- Paul's secret is filtering all of your circumstances "through Him".
 - Is Jesus and where you are, enough?

An odd placement of a well known verse:

- Vs. 4:13 *I can do all things through Him who gives me strength.*
 - The context and focus of this amazing verse is on contentment rather than submitting some mountain in your life or vanquishing a giant.

Food for the journey: Questions and exercises to help you go deeper.

1. If I had _____ in my life, than I would be content?
2. In Paul's list of ingredients for a contented life, can you identify some things that need to be increased in your life? (i.e. Thanksgiving, Gentleness to all, etc)
3. Contentment comes from our contents. These are greatly determined by what we fill our minds with. What do you need to edit out of your life to find deeper contentment.
4. How would your current circumstances look different if you filtered them through Christ and how do we do that?
5. This week, read Phil 4 everyday, putting into practice all of the elements Paul mentions.