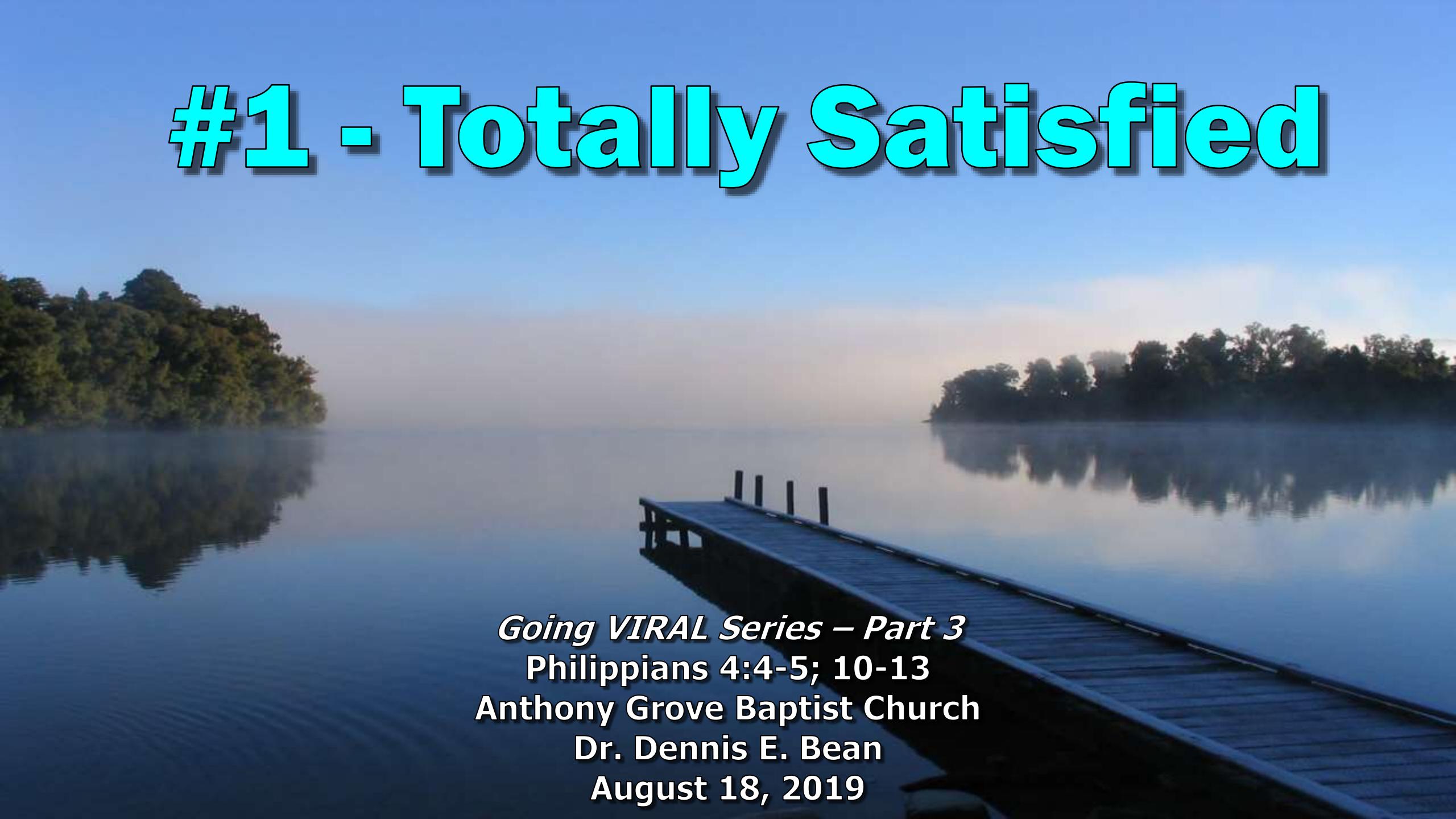


PHILIPPIANS 4:10-13

THE  
**SECRET**  
OF  
**CONTENTMENT**

the life of

# #1 - Totally Satisfied

A photograph of a wooden dock extending from the bottom right corner into a calm body of water. The water is still, reflecting the surrounding environment. In the distance, two small, misty islands with dense green trees are visible. The sky is a clear blue, transitioning into a soft orange and yellow near the horizon, suggesting a sunrise or sunset. The overall atmosphere is peaceful and serene.

*Going VIRAL Series – Part 3*  
Philippians 4:4-5; 10-13  
Anthony Grove Baptist Church  
Dr. Dennis E. Bean  
August 18, 2019

## **Philippians 4:4–5**

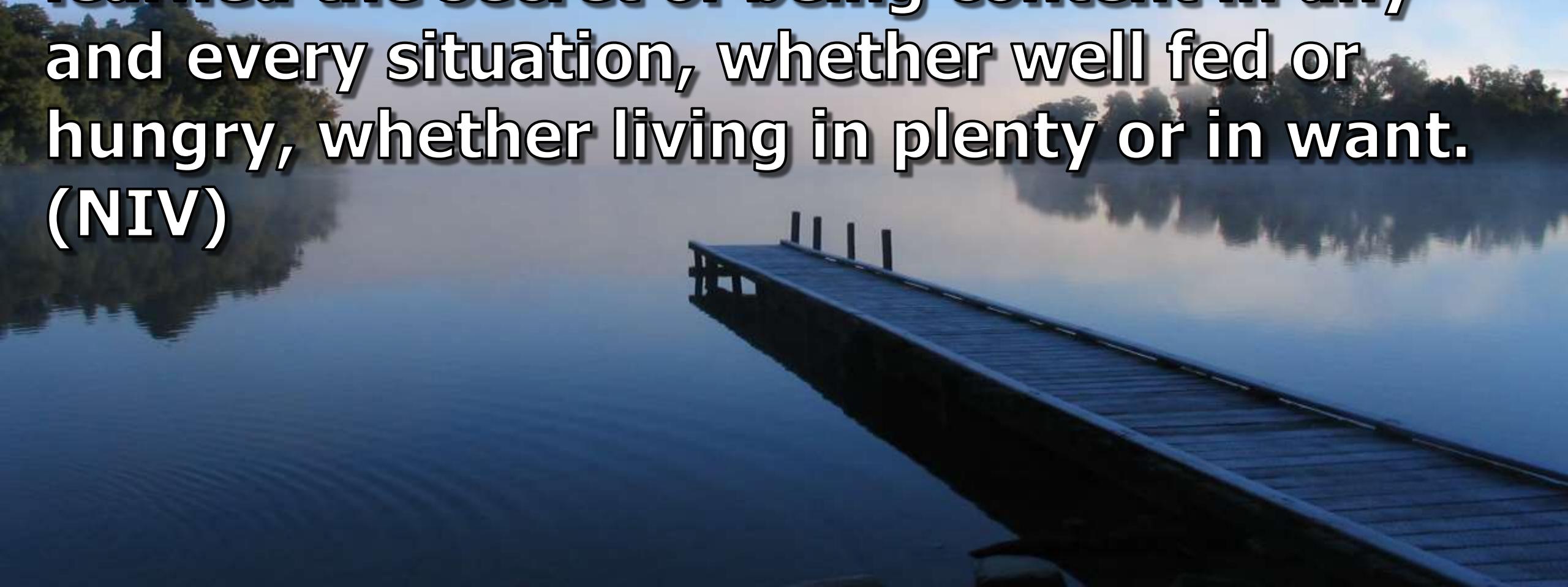
**4 Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand;-- (ESV)**

## **Philippians 4:10-12**

**10** I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. **11** I am not saying this because I am in need, for I have learned to be content whatever the circumstances.

**1<sup>2</sup> 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.**

**(NIV)**



# **Philippians 4:13**

**13 I can do all things through Christ  
who strengthens me.-- (NKJV)**

PHILIPPIANS 4:10-13

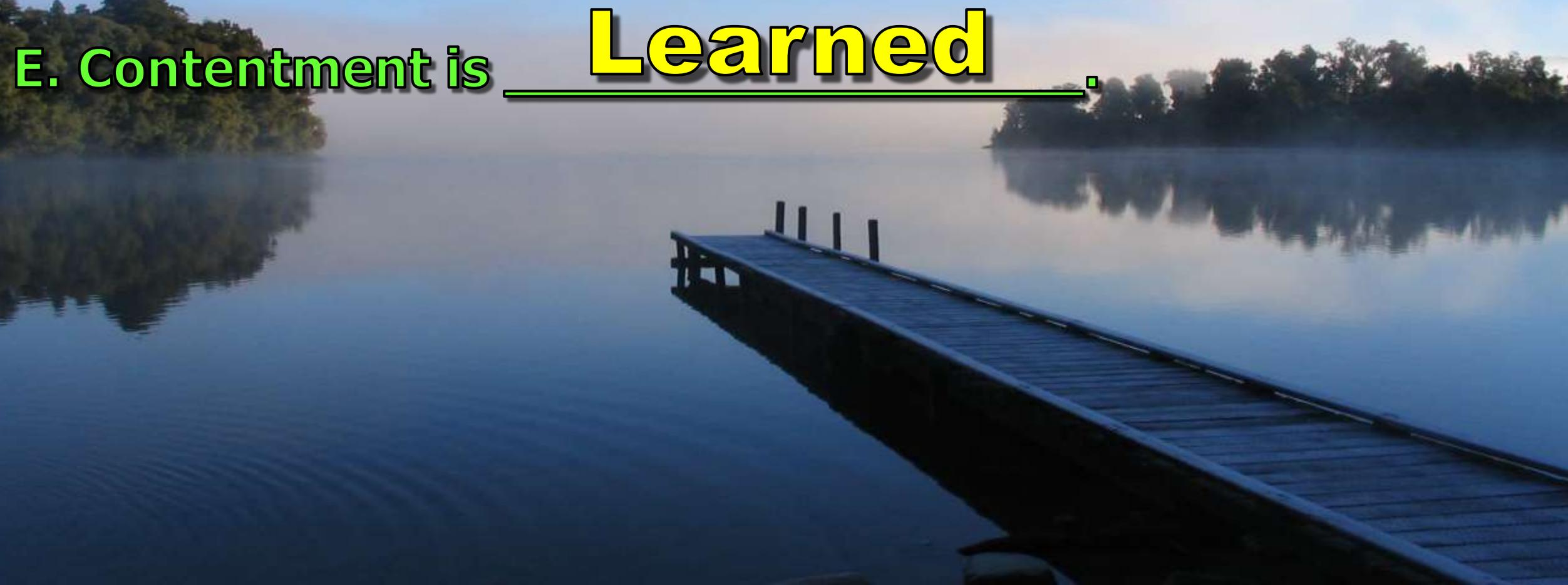
THE  
**SECRET**  
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**CONTENTMENT**

the life of

# *What Is Contentment?*

- A. It Is NOT Apathy.
- B. It Is NOT Laziness.
- C. It Is NOT Complacency.

D. Contentment Is: **Joy & Satisfaction –**  
**Independent of My Circumstances.**



E. Contentment is **Learned**.

# *How To Experience Real Satisfaction*



**1. I Must AVOID Comparisons.**

**Philippians 4:11<sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances.-- (NIV)**

## **Acts 18:24**

**24** Meanwhile, a Jew named Apollos, an eloquent speaker who knew the Scriptures well, had arrived in Ephesus from Alexandria in Egypt.-- (NLT)

## **2 Corinthians 10:10**

**10 For some say, "His letters are weighty and  
forceful, but in person he is unimpressive  
and his speaking amounts to nothing."--  
(NIV)**

# *Misconceptions About Satisfaction*

- A. Myth 1: I Must Have What Others Have To Be Happy.
- B. Myth 2: I Must Be Like By Everyone To Be Happy.
- C. Myth 3: Having More Will Make Me Happier.

## **2. I Must Find My Approval In Christ.**

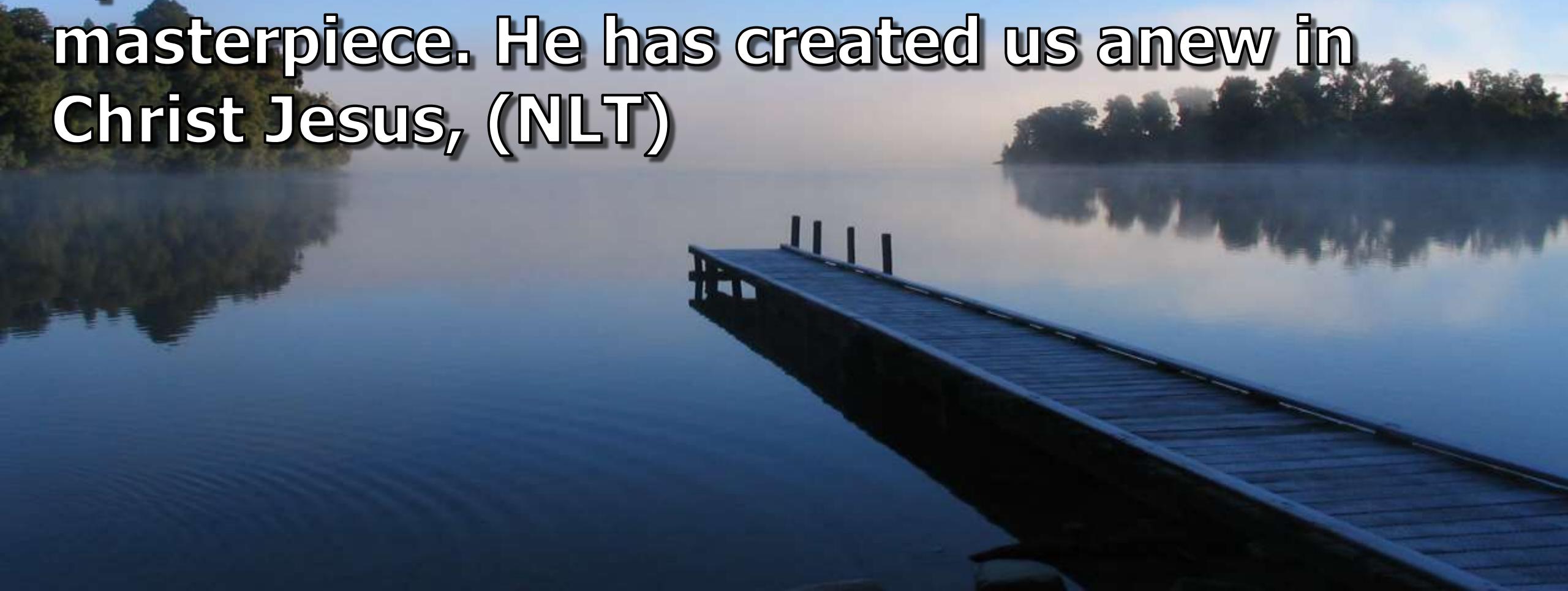
**Philippians 3:8<sup>8</sup> Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ-- (ESV)**

## **A. Satisfaction Was Not Found In What He Had**

**Philippians 4:12<sup>12</sup> 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.-- (NIV)**

## **B. Satisfaction Was Found In Who He Was.**

Ephesians 2:10<sup>10</sup> For we are God's masterpiece. He has created us anew in Christ Jesus, (NLT)



## **1 Peter 2:9**

**⁹ But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.-- (NIV)**

### **3. I Must Acknowledge What I Deserve.**

**1 Timothy 1:15<sup>15</sup> This is a trustworthy saying, and everyone should accept it: “Christ Jesus came into the world to save sinners”—and I am the worst of them all.-- (NLT)**

## **4. I Affirm God's Control Over All Things.**

Philippians 2:10–11<sup>10</sup> that at the name of Jesus every knee should bow, in heaven and on earth and under the earth,<sup>11</sup> and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.-- (NIV)

**5. I Accept God Sometimes Ordains Suffering.**

**A. Why? That I Might Know Him More.**

**Philippians 3:10<sup>10</sup> All I want is to know Christ and to experience the power of his resurrection, to share in his sufferings and become like him in his death,-- (TEV)**

## **B. Why? That Christ Might Be Glorified.**

Philippians 1:14–18<sup>14</sup> Because of my chains, most of the brothers in the Lord have been encouraged to speak the word of God more courageously and fearlessly.<sup>15</sup> It is true that some preach Christ out of envy and rivalry, but others out of goodwill.<sup>16</sup> The latter do so in love, knowing that I am put here for the defense of the gospel.<sup>17</sup> The former preach Christ out of selfish ambition, not sincerely, supposing that they can stir up trouble for me while I am in chains.<sup>18</sup> But what does it matter? The important thing is that in every way, whether from false motives or true, Christ is preached. And because of this I rejoice. Yes, and I will continue to rejoice,-- (NIV)

## **6. I Rely On Christ's Power.**

**Philippians 4:13<sup>13</sup> I can do all things  
through Christ who strengthens me.--  
(NKJV)**



# **Matthew 28:18**

**18 And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.-- (KJV)**

# #1 - Totally Satisfied

