

## ***“Secrets of a Contented Life”***

pt. 29 — Philippians 4:10-14

### **To Live is Christ**

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#### INTRODUCTION

- more...bigger...newer

“Discontent troubles us more than the trouble itself; it steepens the affliction in wormwood.”  
— Thomas Watson

- Scripture’s command to be content  
Lk. 3:14; Heb. 13:5; 1 Tim. 6:6-8; 2 Cor. 12:10

#### *1. The context of contentment*

- the Philippians’ ministry to Paul  
Phil. 4:10, 15-16

- *revived* concern

#### *2. The meaning of contentment*

- “I have learned...”; “I know...”
- *content*

### *3. Secrets of contentment*

- a. Focus on the root, not on the fruit.

2 Cor. 4:16-18; Col. 3:1

“The secret [of contentment] is Christ in me, not me in a different set of circumstances.”  
— Elisabeth Elliot

“It has always been my ambition to have no plans as regards myself.”  
— Robert Murray M’Cheyne

“Christian contentment...is the direct fruit of having no higher ambition than to belong to the Lord and to be totally at His disposal.”  
— Sinclair Ferguson

- b. Affirm what you really deserve.

“Anything this side of hell is mercy.” — Thomas Goodwin

“The way for a man to be contented, is not by raising his estate higher, but by bringing his heart lower.” — Thomas Watson

- c. Train your taste buds for what really satisfies.

Ps. 73:25