

## **I. Context: Paul's Purpose in Writing (4:10, 14)**

- A. Paul's Rejoicing (4:10)
  - 1. Rejoicing *In* Christ (3:1; 4:4)
  - 2. Rejoicing *Because* of the Philippian's Mindset (2:1-5)
- B. Paul's Reassurance (2 Cor 8:1-5)
- C. Paul's Reluctance (1 Cor 9:14, 18; 2 Cor 2:17; 2 Cor 11:7-9)
- D. Paul's Example of Contentment (4:9)

## **II. Contentment in Christ (4:11-13)**

- A. Christ: The Foundation of True Contentment (3:8; Matt 13:44-46)
- B. Contentment in Need (4:11-12; Prov 30:8-9; Matt 6:11)
- C. Contentment in Abundance (4:11-12; 1 Tim 6:6-10, 17-19; Ps 62:10)
- D. Strength for All Things in the All-Sufficiency of Christ (4:13; Ps 73:25-26; Ps 16)

### Quotations

“Christians today live in a society which is permeated by a spirit of discontentment. Greed has gratitude, getting has replaced giving... We have developed spirits driven forward to gain more, incapable of slowing, stopping and remembering that those who sow the wind reap the whirlwind. That ethos can easily shaped Christians too.” —Sinclair Ferguson

“That man can never be poor in mind, who is satisfied with the lot which has been assigned to him by God.” —John Calvin

“Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.” —Jeremiah Burroughs, *The Rare Jewel of Christian Contentment*

“My brethren, the reason why you do not have contentment in the things of the world is not that you do not have enough of them. The reason is that they are not things proportional to that immortal soul of yours that is capable of God Himself.” —Jeremiah Burroughs, *The Rare Jewel of Christian Contentment*

“You have made us for yourself, and our hearts are restless, until they can find rest in you.” —Augustine, *Confessions*

Commenting on Romans 8:32: “One day we will see that nothing—literally nothing—which could have increased our eternal happiness has been denied us, and that nothing—literally nothing—that could have reduced that happiness has been left with us. What higher assurance do we want than that?” —J.I. Packer, *Knowing God*

“Oh, that we could but convince men and women that murmuring spirit is a greater evil than any affliction, whatever the affliction!” —Jeremiah Burroughs, *The Rare Jewel of Christian Contentment*

“The fact that Paul has 'learned' contentment shows that his calm response to life's ups and downs is a skill honed through practice... Christ-centered contentment is not preinstalled on our hearts, like a software program preloaded into a new computer. Nor is Christian contentment injected in a single dose, as though it were a vaccine that could make us immune to a complaining spirit. *It takes practice.* Contentment grows over time as we face adverse situations—in finances, health, relationships, or other areas—and seek Christ's strength to release our grip on his gifts while we strengthen our grasp on his grace.” —Dennis Johnson, *Philippians*

### Reflection Questions (for personal reflection and family conversation):

1. What are the main sources of discontentment in your life right now? How can Christ deliver you from discontentment? How can you begin to *practice* a growing contentment today?
2. What does Paul mean by “all things” in Philippians 4:13? How does the context help us to answer this? What does it mean for you, that you can do “all things” in Christ who strengthens you?