



RESILIENT JOY

A STUDY IN THE BOOK OF PHILIPPIANS

SERMON NOTES THE POWER OF CONTENTMENT

Philippians 4:10-23

"I 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. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 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. I can do all this through him who gives me strength." (Philippians 4:10-13)

What contentment is NOT:

- Apathy or laziness
- Lowered expectations
- A denial of my emotions

It's a **satisfaction in Christ** that frees me from the **relentless pursuit of more**.

Our deepest needs are **relational**—not **circumstantial**.

"I would be content if _____."

"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world." – C. S. Lewis, *Mere Christianity*

Getting off "the treadmill":

- Recognize
- Remember



RESILIENT JOY

WEEK TWELVE DEVOTIONAL

OVERVIEW OF THE PASSAGE

As Paul concludes this letter, he gives us one more key in developing resilient joy—contentment. “Contentment” is a vibrant satisfaction with the sufficiency of Christ. Contentment motivates us to address those circumstances we can change and to accept those we cannot. So, how can we learn to be content?

FAMILY TALK

(Use these questions to prompt conversation with your family after the sermon.)

1. How would you define contentment? What are some things that contentment is not?
2. Pastor George defined contentment as “satisfaction in Christ that frees me from the relentless pursuit of more.” What does that definition mean in your life/context?
3. Why do you think we always desire more? If we always desire more, is it possible to find true contentment?
4. What are you pursuing more than Christ in your life? Why do you keep running after that? Has it ever fulfilled you?
5. Why do you think we tend to run after temporary or physical things to provide contentment/satisfaction? What would look different in your life if you were finding your contentment fully in Christ?
6. How can you live in contentment practically this week in your relationships? What are some ways you could elevate Christ over yourself in your thoughts, actions, and relationships?

GOING DEEPER / PERSONAL DEVOTIONS

The “Going Deeper” devotional that accompanies the sermon series provides questions for study, reflection, and application. Plan to take several days to answer the questions giving you more time to process and integrate the passage into your life in a more meaningful way.

Background to the Study:

View the Bible Project overview on Philippians to get a better idea of the content of the book.
<https://bibleproject.com/explore/philippians/>

Philippians 4:10-23

Read the passage and highlight the words or phrases that impacted you the most. Take time to reflect on those words and ask the Spirit to show you what he is revealing to you from this time in the word.

Information Questions:

1. Paul is able to rejoice “greatly” because the Philippian church had remembered him and had gone out of their way to help with a financial gift. Was Paul’s joy based in the gift, or was it based in the fact that the church was thinking of him?
2. Paul mentions that the Philippian church has been faithful in their giving to Paul even when other churches chose not to give (vs 14-16). Is this a source of discouragement for Paul? Why was it important for the Philippian church to know the value of their giving to Paul’s ministry? Why was Paul excited about the Philippian church’s gift? Read verse 17. Was Paul’s desire for the church to give selfish or selfless?
3. How has Paul learned to be content? Read 2 Corinthians 1:8-10; 11:23-28; 12:8-10; 1 Timothy 6:6-8.

Reflective Questions

1. How does it make you feel knowing that someone is thinking of you when they give you a gift? Is this reality more important than the gift itself?
2. What does it mean to be content? Have you experienced contentment in your life? What caused true contentment for you?
3. Take time to reflect on what it looks like to “learn” to be content. List the times when you are not content. What is the source of your discontent? Ask the Spirit of God to empower you to change your discontentment to trust.

Application Questions

1. What keeps you from feeling the contentment that Paul felt? When do you live as though God were not meeting “all your needs according to the riches of his glory in Christ Jesus”?
2. What would it look like to recognize God’s provision in your life? How would it change the way you think about yourself, or your situation?
3. Look at the list below. Which one(s) will you focus on this week as you apply this passage in your own life?
 - I need to learn the secret of contentment.
 - I resolve to look to Christ for daily strength.
 - I want my life to be a fragrant and acceptable offering which pleases God.
 - I will trust God to meet my needs.
 - I need to develop a heart of giving.



GROUP DISCUSSION QUESTIONS

1. George stated that he defines contentment as the, "Satisfaction in Christ that frees me from the relentless pursuit of more." Share an example about what that means in a practical way for you.
2. Discuss the idea that contentment is the opposite of covetousness.
3. What needs to be unmasked in my life that needs to be called out in my life and spirit that would be defined as covetousness? How has that lead to a lack of contentment?
4. Read this quote from C. S. Lewis, "If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world." Discuss how this quote helps us understand more completely what Paul was saying in Philippians 4 about contentment.

**IF YOU HAVE TIME, PREPARE YOUR HEART FOR WORSHIP
ON AUGUST 9 BY READING PSALMS 1 AND 2.**