



A Content Life – Message 6

Warm-up

Most everyone has heard the saying, “Today is the first day of the rest of your life.” If you could do one thing that you have not done till today, what would it be?

Overview

In the sixth message of our series entitled, *You'll Get Through This*, we will learn how to live a contented life based on Philippians 4.

Word & Application

Contentment is defined as being independent of external circumstances while being content [satisfied and thankful] with one's lot and with one's means. **Read Philippians 4:10-13.** The apostle Paul tells us that he has learned the secret to being content.

Three Secrets of Contentment

1. Contentment is learned.

Paul says in Philippians 4:11, “Not that I speak in regard to need, for I have learned in whatever state I am, to be content.” Paul learned a *mindset* of contentment. Why didn't his outer circumstances influence his inner contentment?

Often, contentment is confused with complacency. Contentment is not being passive, but it grows as we learn to steward and manage what God has given us. When we learn to get the most out of each day, we are learning contentment. In what ways can you steward and manage each day well?

2. Contentment comes from gratefulness.

Gratefulness is at the heart of contentment. **Read 1 Thessalonians 5:18.** What is the will of God for us in Christ Jesus? Do you believe it is possible to find something to be thankful for in any circumstance or situation? Why or why not?

Just as contentment is a mindset, so is gratefulness. We have to train our minds to be thankful, and we must keep focusing on those things God has blessed us with instead of what we don't have. What are the advantages of focusing on the glass half full instead of half empty?

3. **Contentment comes as we rely on God.**

Read Philippians 4:13. We can live full of God, fully engaged, fully life-giving, regardless of what we do or do not have. All the power we need for life is available to us. When we rely on God's strength and power, we walk in peace and contentment. Have you confessed, "I can!" in your current circumstances? Have you acknowledged that God's strength will get you through this?

Enemies of Contentment

1. **Cares.** The cares of our world war against the contentment in our soul. **Read 1 Peter 5:7.** What are we supposed to do with our cares? Why?
2. **Comparison.** We will never learn contentment if we compare what we have to what others have. Why do you think comparison is referred to as a bottomless pit?

Life Challenge

We've learned that contentment is a mindset. When we discipline ourselves to be grateful and rely on God's power, then we learn contentment. We promote contentment when we cast our cares on God and are satisfied with what He has given us. What practical things do you know you need to do to learn contentment?

Prayer

Father, thank You that we can learn contentment. We desire to honor You with gratefulness for the many blessings you have given us. Please help us when we are tempted to compare what others have to what You have given us. We praise You for giving us the ability to do all things through Christ Jesus Who gives us strength. Thank You for each day we get to live to the fullest for Your glory. In Jesus' Name. Amen. Pray for the specific needs of the group.