

# Habits of Happiness

Learn to be Content  
March 29, 2026  
Pastor Dale Satrum



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*Philippians 4:10-13 "How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. <sup>11</sup>Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup>I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup>For I can do everything through Christ, who gives me strength." (NLT=New Living Translation)*

## 1. Contentment Must Be \_\_\_\_\_

*"...I have learned how to be content..."*

- Learning is intentional
- Learning requires motivation
- Learning requires evaluation
- Learning requires time
- Learning requires examples
- Learning requires change

## 2. Contentment Is Not Based Upon \_\_\_\_\_

*"...I have learned how to be content with whatever I have. <sup>12</sup>I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little."*

- Circumstantial contentment is fragile
- Circumstantial contentment is temporary
- Circumstantial contentment is unpredictable
- Circumstantial contentment alone is hopeless

*II Corinthians 4:8-9 "We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. <sup>9</sup>We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." (NLT)*

## 3. Contentment Is \_\_\_\_\_ by Jesus

*Philippians 4: 13 "For I can do everything through Christ, who gives me strength." (NLT)*

- Jesus is the source of contentment

*John 4:13-14 "Jesus replied, "Anyone who drinks this water will soon become thirsty again. "But those who drink the water I give will never be thirsty again. It becomes a fresh, bubbling spring within them, giving them eternal life." (NLT)*

➤ Contentment is Relational not merely \_\_\_\_\_

*Philippians 4:7 "Then you will experience God's peace, which exceeds anything we can understand..." (NLT)*

➤ Contentment is Relational not \_\_\_\_\_

*Philippians 4:19 "And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus." (NLT)*

- Jesus empowers \_\_\_\_\_ not perfection
  - Growth is messy
  - Growth is a journey

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#### **Discussion Questions:**

1. The data reveals that our society is getting increasingly unhappy over the past 25 years. Why do you think that is? What factors are creating unhappy people?
2. Paul says that he learned how to be content. Since contentment is a learned skill, what does it require for us to be learners? Do you think most people want an easier pathway to contentment? Why is that?
3. Discuss why we can't base our contentment on circumstances alone. What are the results of counting on circumstances for contentment? Give some examples when you have done this?
4. How do we allow Christ to be the One who empowers us to experience contentment no matter what? How is contentment relational?
5. Discuss this phrase: "contentment is a journey to experience not a problem to be fixed."