

THE SECRET RECIPE FOR CONTENTMENT

Philippians 4:10-13

BIG IDEA

Contentment is not found in having enough; it is found in knowing that Christ is enough.

1. THE RECIPE FOR MEETING NEEDS — Philippians 4:10

- A. Become _____ of the need.
- B. Be _____ and able to meet the need.

Illustration: The Good Samaritan — Luke 10:25-37

The priest, Levite, and Samaritan all saw the wounded man, but only the Samaritan allowed compassion to become action.

Key truth: *Contentment loosens our grip on what we have so that God can use it to meet the needs of others.*

Think about it:

- Who has God repeatedly brought to your attention lately?
- What resources has God already placed in your hands that could become His provision for someone else?

LOOK AROUND — see the needs of others.

2. THE RECIPE FOR FACING UNCERTAINTY — Philippians 4:11

- A. Distinguish between _____ and wants.
- B. Develop confidence in God's _____.

Illustration: A child riding through a storm

The child may not understand the turbulence, the instruments, or the route—but he can rest because he knows the pilot.

Key truth: *Contentment does not come from controlling tomorrow; it comes from trusting the God who already controls it.*

Think about it:

- What have you recently called a “need” that Scripture would more accurately describe as a desire or preference?
- What uncertain situation is currently stealing your peace—and are you trusting God with the outcome?

LOOK UP — trust the sovereignty of God.

3. THE RECIPE FOR LASTING CONTENTMENT — Philippians 4:12-13

A. Reflect on God’s sustaining _____ in the past.

B. Renew your confidence in the _____ of Christ.

“I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me.” — Philippians 4:12-13

Look back — remember the faithfulness of God.

What difficult season from your past can you now look back on and clearly see evidence that God’s grace was sufficient?

Look to Christ — depend upon His strength.

Where are you presently telling yourself, “I can’t handle this,” instead of asking whether Christ has promised sufficient strength for what He has called you to endure?

Key truth: *Contentment comes from reflecting on God’s faithfulness in the past and trusting in Christ’s strength in the present.*

THE RECIPE AT A GLANCE

LOOK AROUND	4:10	See the needs of others.
LOOK UP	4:11	Trust the sovereignty of God.
LOOK BACK	4:12	Remember the faithfulness of God.
LOOK TO CHRIST	4:13	Depend upon His strength.

PERSONAL REFLECTION

1. If God chose not to give me the thing I currently want most, would I still believe that He is good?
2. When circumstances become difficult, do I rehearse my problems or rehearse God's faithfulness?
3. If Christ Himself is genuinely enough for me, what could I lose without losing the fundamental source of my joy?

NOTES / RESPONSE

The secret is not better circumstances. The secret is Christ.