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Central Congregational Church  
"For the Glory of God and the Good of our Neighbors"  
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**The Secret to a Contented Life**  
Philippians 4:10-13  
Series: The Joy Factor

**Central Passage**

*Philippians 4:10–13 (ESV) — 10 I rejoiced in the Lord greatly that now at length you have revived your concern for me. You were indeed concerned for me, but you had no opportunity. 11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. 12 I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me.*

**Central Thought:** The secret to being content is a determined faith in and dogged dependence on Jesus, learned in the midst of the harsh realities of life.

- ❖ Contentment is a learned behavior.

*James 1:2–4 (ESV) — 2 Count it all joy, my brothers, when you meet trials of various kinds, 3 for you know that the testing of your faith produces steadfastness. 4 And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.*

- ❖ Contentment is learned as we lean into Jesus while walking through the ups and downs of daily life.

*John 16:33 (ESV) — 33 I have said these things to you, that **in me you may have peace**. In the world you will have tribulation. But take heart; **I have overcome the world.**"*

- ❖ Contentment is maintained by keeping an eternal, kingdom perspective both in times of plenty and in times of want.

*Philippians 1:12 (ESV) — 12 I want you to know, brothers, that what has happened to me has really served to advance the gospel,*

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*Mark 10:29–30 (ESV) — 29 Jesus said, "Truly, I say to you, there is no one who has left house or brothers or sisters or mother or father or children or lands, for my sake and for the gospel, 30 who will not receive a hundredfold now in this time, houses and brothers and sisters and mothers and children and lands, with persecutions, **and in the age to come eternal life.***

*Colossians 3:1–4 (ESV) — 1 If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. 2 Set your minds on things that are above, not on things that are on earth. 3 For you have died, and your life is hidden with Christ in God. 4 **When Christ who is your life appears, then you also will appear with him in glory.***

**Homework**

- ❖ Prayerfully read through the book of Philippians.
- ❖ In what specific circumstance in your life right now is Jesus giving you the opportunity to lean into him and learn to be content? Talk with someone about this situation.