

# ***The Secret of Being Content***

PHILIPPIANS – Part 13

*July 5, 2026*

*<sup>10</sup> 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. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content whatever the circumstances. <sup>12</sup> 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. <sup>13</sup> I can do all this through him who gives me strength.*

**Philippians 4:10-13**

## **OBSERVATION**

## **EXPOSITION**

### **1. Paul's Joy**

### **2. Paul's Contentment**

- ✓ **Contentment is unconnected to our circumstances**
- ✓ **Contentment is learned**

*<sup>11</sup> To this very hour we go hungry and thirsty, we are in rags, we are brutally treated, we are homeless. <sup>12</sup> We work hard with our own hands.*

**1 Corinthians 4:11-12**

*<sup>4</sup>...as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; <sup>5</sup> in beatings, imprisonments and riots; in hard work, sleepless nights and hunger;*

**2 Corinthians 6:4-5**

*<sup>25</sup> Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, <sup>26</sup> I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. <sup>27</sup> I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.*

**2 Corinthians 11:25-27**

- ✓ Contentment flows from reliance and relationship with Jesus

## **APPLICATION**

*I can do all this through him who gives me strength.*

**Philippians 4:13**

*So do not fear, for I am with you;*

*do not be dismayed, for I am your God.*

*I will strengthen you and help you;*

*I will uphold you with my righteous right hand.*

**Isaiah 41:10**