



LEARNING THE **SECRET** OF CONTENTMENT

PHILIPPIANS 4:11-13

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9 February 2025

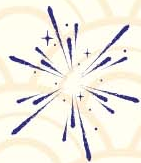
PHILIPPIANS 4:11-13 (NASB 1995)

11 ... for I have learned to be content in whatever circumstances I am. **12** I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of being filled and going hungry, both of having abundance and suffering need. **13** I can do all things through Him who strengthens me.

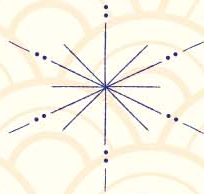
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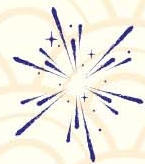
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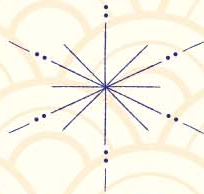
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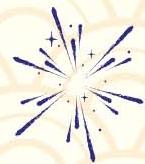
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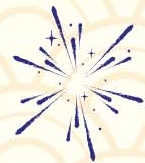
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步步高升





Introduction

**Our CNY wishes express
our heart desires.**



Introduction

**We express our desires by
wishing them upon one another.**



Introduction

**CNY is when we wish for more,
not be satisfied with less.**

Introduction

**The bible teaches that
the true path to happiness
is to learn contentment.**

The background of the image is a landscape featuring a range of mountains under a vast, reddish-orange sky. A bright, glowing orb, likely the sun or moon, is positioned in the upper left quadrant, creating a soft, circular glow. The foreground shows a dark, textured ground, possibly a field or tundra. The overall color palette is dominated by warm, earthy tones of red, orange, and brown.

1 TIMOTHY 6:6 (NKJV)

**“Now godliness with contentment
is great gain.”**

Introduction

- a) Some common misconceptions about contentment.**
- b) How we can learn contentment.**

Road Map

- i) What Is Contentment?**
- ii) Learning the Secret of Contentment
Through Our Abundance**
- iii) Learning the Secret of Contentment
Through Our Lack**

1. **What Is Contentment?**



What Is Contentment?

MISCONCEPTION 1:

Contentment is dependent on our circumstances

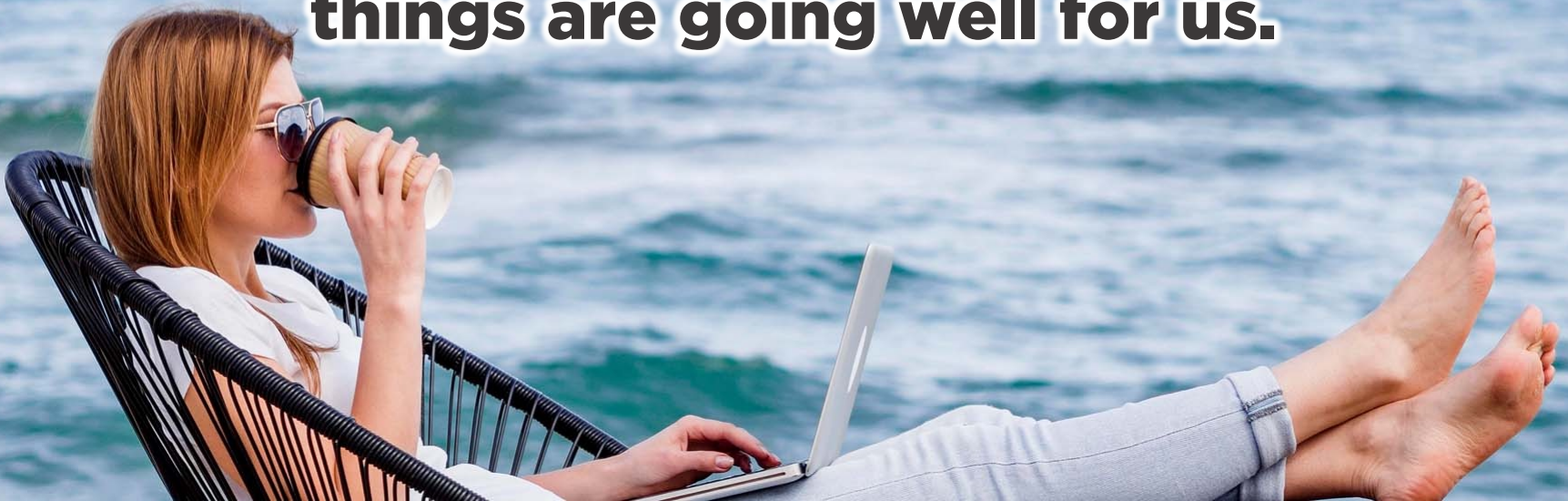


What Is Contentment?

MISCONCEPTION 1:

Contentment is dependent on our circumstances

- **It is easy to be contented when things are going well for us.**



What Is Contentment?

MISCONCEPTION 1:

Contentment is dependent on our circumstances

➤ **It is easy difficult to be contented when we are in lack.**



What Is Contentment?

MISCONCEPTION 1:

But the Apostle Paul says he has learned the secret of being contented in **WHATEVER circumstances.**



What Is Contentment?

MISCONCEPTION 1:

Contentment according to the bible is not dependent on our circumstances.



What Is Contentment?

MISCONCEPTION 2:
Contentment is a coping mechanism



What Is Contentment?

MISCONCEPTION 2:

Contentment is a coping mechanism

➤ **Life for many is not easy.**



What Is Contentment?

MISCONCEPTION 2:

Contentment is a coping mechanism

- **Life has its share of disappointments and heartaches also and some can be sudden and unexpected.**



What Is Contentment?

MISCONCEPTION 2:

Contentment is a coping mechanism

- **Life does not always turn out the way you hope or expect.**



What Is Contentment?

MISCONCEPTION 2:

Contentment is a coping mechanism

➤ **Life can be difficult.**



What Is Contentment?

**We all have had to learn
how to cope with life.**



What Is Contentment?

**We cope by telling ourselves to be
contented with what we have
or where we are.**



What Is Contentment?

The Stoic philosophers believe that true wealth is not in having great possessions but in having few wants.



What Is Contentment?

Buddhism teaches that the absence of desire or being in a state free from attachments and cravings leads to a life without suffering.



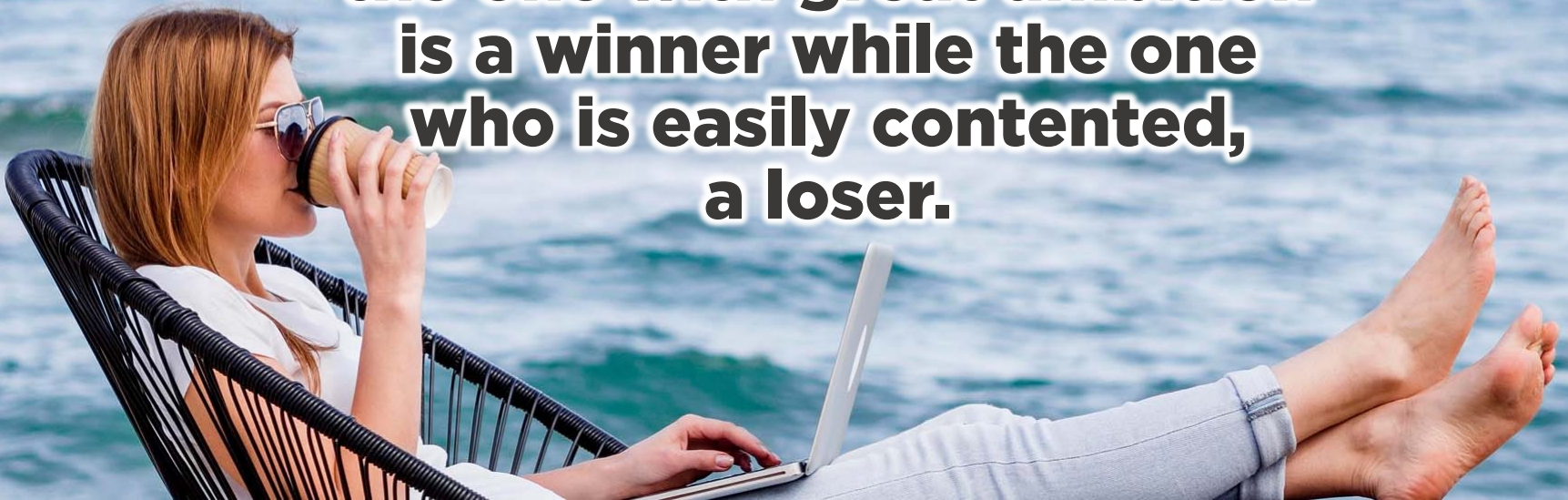
What Is Contentment?

Contentment is also sometimes used as an excuse for laziness.



What Is Contentment?

**In the eyes of the world,
the one with great ambition
is a winner while the one
who is easily contented,
a loser.**



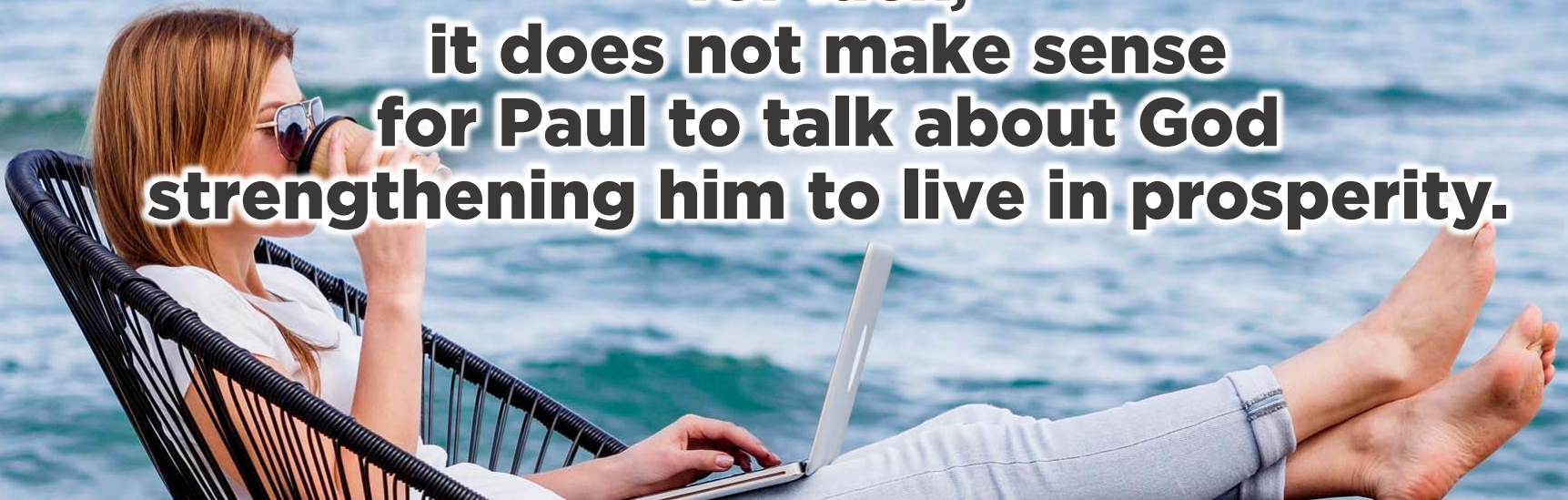
The background of the image is a landscape featuring a range of mountains under a vast, reddish-orange sky. A bright, glowing light source, likely the sun or moon, is positioned in the upper left quadrant, creating a strong lens flare effect that radiates across the sky. The foreground shows a dark, textured ground, possibly a field or a path, leading towards the mountains.

PHILIPPIANS 4:13 (NASB 1995)

**I can do all things through Him
who strengthens me.**

What Is Contentment?

**If contentment is a coping mechanism
for lack,
it does not make sense
for Paul to talk about God
strengthening him to live in prosperity.**



What Is Contentment?

MISCONCEPTION 3:

Contentment is dependent on personality



What Is Contentment?

MISCONCEPTION 3:

Contentment is dependent on personality

- **Some people are more easily contented than others.**



What Is Contentment?

MISCONCEPTION 3:

Contentment is dependent on personality

- **They are happy with the simple things of life and living a simple life.**



What Is Contentment?

MISCONCEPTION 3:

Contentment is dependent on personality

- **There are those who are more ambitious and driven – the go-getters and achievers.**



What Is Contentment?

Contentment according to the bible is something that has to be learned.



What Is Contentment?

**Contentment according to the bible,
is not a personality trait,
but a learned discipleship virtue.**



The background of the image is a close-up, shallow depth-of-field shot of golden-brown grass or wheat stalks. The stalks are thin and feathery, with some in sharp focus and others blurred. The lighting is warm, suggesting a sunset or sunrise, with a soft glow and some lens flare visible on the right side. The sky in the background is a pale, clear blue.

2. **Learning the Secret of Contentment Through Our Abundance**



**Learning the Secret of Contentment
Through Our Abundance**

What is there to learn?

**Learning the Secret of Contentment
Through Our Abundance**

**Contentment according to the bible is
not about being satisfied with things
and circumstances.**

**Learning the Secret of Contentment
Through Our Abundance**

**It is about learning to find satisfaction
in God.**

**Learning the Secret of Contentment
Through Our Abundance**

**The biggest downside to abundance is
the temptation to shift our focus from
the Giver to the gifts.**

**Learning the Secret of Contentment
Through Our Abundance**

**We may even start to place our trust
and security on the gifts themselves
rather than the Giver.**

**Learning the Secret of Contentment
Through Our Abundance**

**God's blessings can sometimes also
cause us to become prideful and less
reliant on Him.**

**Learning the Secret of Contentment
Through Our Abundance**

**We become filled with pride and selfish
ambition forgetting that it was God
who has given us our success in the
first place.**

**Learning the Secret of Contentment
Through Our Abundance**

**Learning to be content through our
abundance is about learning to find
contentment in the Lord in the midst of
our blessings.**



**Learning the Secret of Contentment
Through Our Abundance**

**Maintain a healthy detachment
from our possessions.**

**Learning the Secret of Contentment
Through Our Abundance**

**Guard our hearts to ensure that we do
not become possessed by our
possessions.**

**Learning the Secret of Contentment
Through Our Abundance**

Cultivate generosity by giving.

**Learning the Secret of Contentment
Through Our Abundance**

**Those who have enjoyed career success
need to guard against pride and
selfish ambition.**



**Learning the Secret of Contentment
Through Our Abundance**

**Constantly cultivate humility
in our hearts.**



**Learning the Secret of Contentment
Through Our Abundance**

**Cultivating a lifestyle of serving will
help us maintain a right perspective of
our achievements.**

**Learning the Secret of Contentment
Through Our Abundance**

**Learning the secret of contentment
through our abundance is about
learning to guard our hearts against
materialism, greed and pride.**

**Learning the Secret of Contentment
Through Our Abundance**

**Our contentment must remain in God
and God alone in the midst of
our abundance.**

**Learning the Secret of Contentment
Through Our Abundance**

**We need to learn to find contentment
through our experiences of abundance.**

3.
Learning the Secret of
Contentment
Through Our Lack

Learning the Secret of Contentment **Through Our Lack**

Common advice : “We should learn how to be contented by looking at what we have instead of what we don’t.”

Learning the Secret of Contentment **Through Our Lack**

**Problem with this advice :
It is ultimately still focused on things.**

Learning the Secret of Contentment **Through Our Lack**

**What if a person is genuinely
facing lack?**

Learning the Secret of Contentment **Through Our Lack**

**The challenge when we are
facing lack is to not give up.**

Learning the Secret of Contentment Through Our Lack

**Our God is our Provider and
He wants to bless us.**

Learning the Secret of Contentment **Through Our Lack**

**We should go to Him concerning
our lack.**



Learning the Secret of Contentment **Through Our Lack**

**Learning to be content through our lack
is therefore about learning to trust God.**

Learning the Secret of Contentment **Through Our Lack**

**We will not give up because our hope is
in an almighty God who is able and
willing to provide.**

Learning the Secret of Contentment **Through Our Lack**

- Lack and poverty can sometimes also fill our hearts with anger and bitterness:**

Learning the Secret of Contentment **Through Our Lack**

- **Lack and poverty can sometimes also fill our hearts with anger and bitterness:**
 - **angry over our situations and circumstances**

Learning the Secret of Contentment **Through Our Lack**

- **Lack and poverty can sometimes also fill our hearts with anger and bitterness:**

➤ **angry with God**

Learning the Secret of Contentment **Through Our Lack**

- **Lack and poverty can sometimes also fill our hearts with anger and bitterness:**
 - **angry with other people who are better off**

Learning the Secret of Contentment **Through Our Lack**

- **Lack and poverty can sometimes also fill our hearts with anger and bitterness:**
 - **bitter about other people's success**

Learning the Secret of Contentment **Through Our Lack**

**We need to guard our hearts against
despair, anger and bitterness when we
go through lack.**



Learning the Secret of Contentment **Through Our Lack**

**Constantly check our hearts and reflect
upon how we are responding to our
situations of lack.**

Learning the Secret of Contentment Through Our Lack

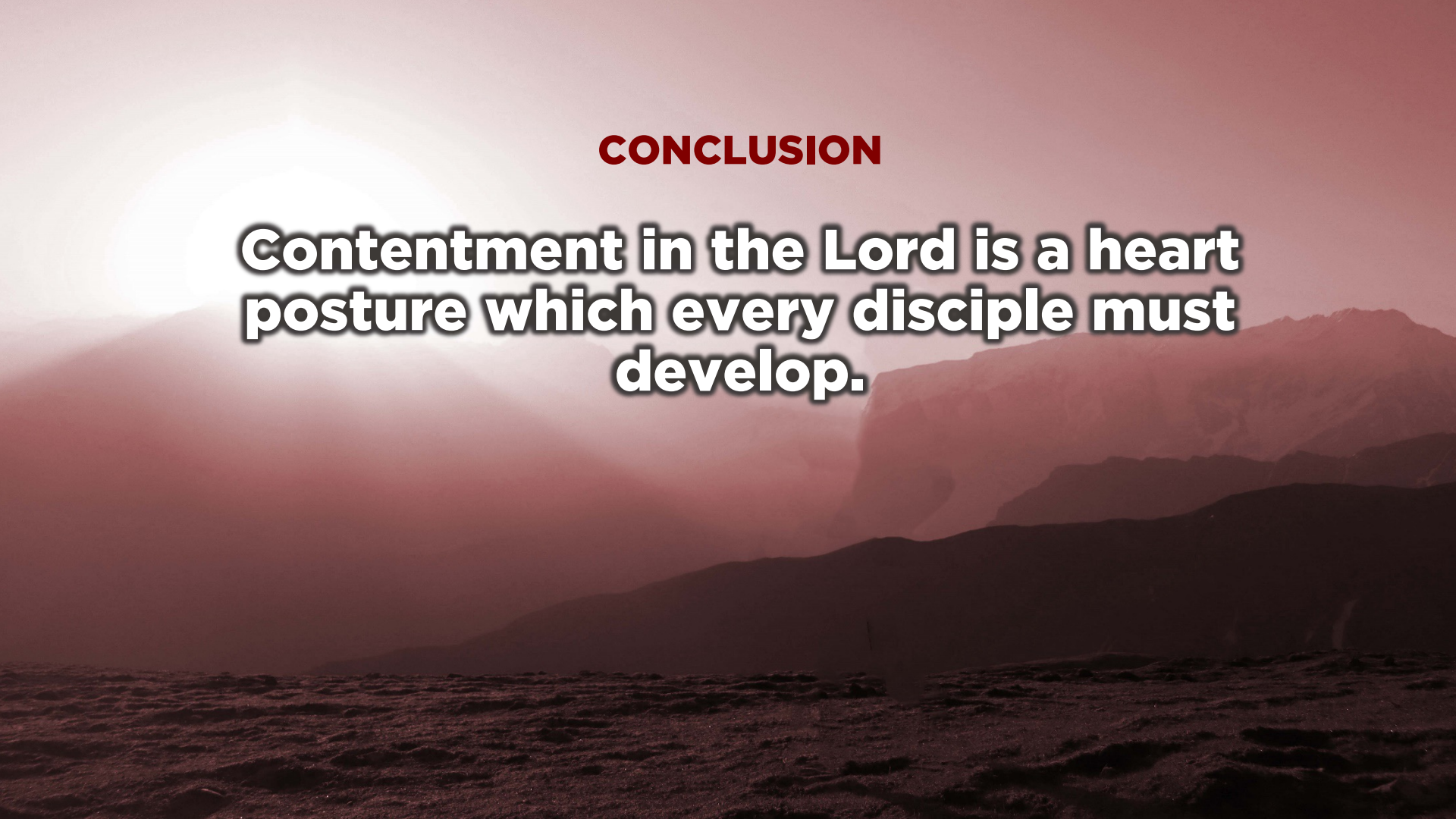
**Our contentment must remain in God
and God alone in time of lack.**

CONCLUSION

Learning the secret of finding contentment in whatever circumstances is to learn how to find contentment and satisfaction in God alone in every circumstance.

CONCLUSION

**Contentment according to the bible lies
in finding our satisfaction in the Giver
and not the gifts.**



CONCLUSION

Contentment in the Lord is a heart posture which every disciple must develop.

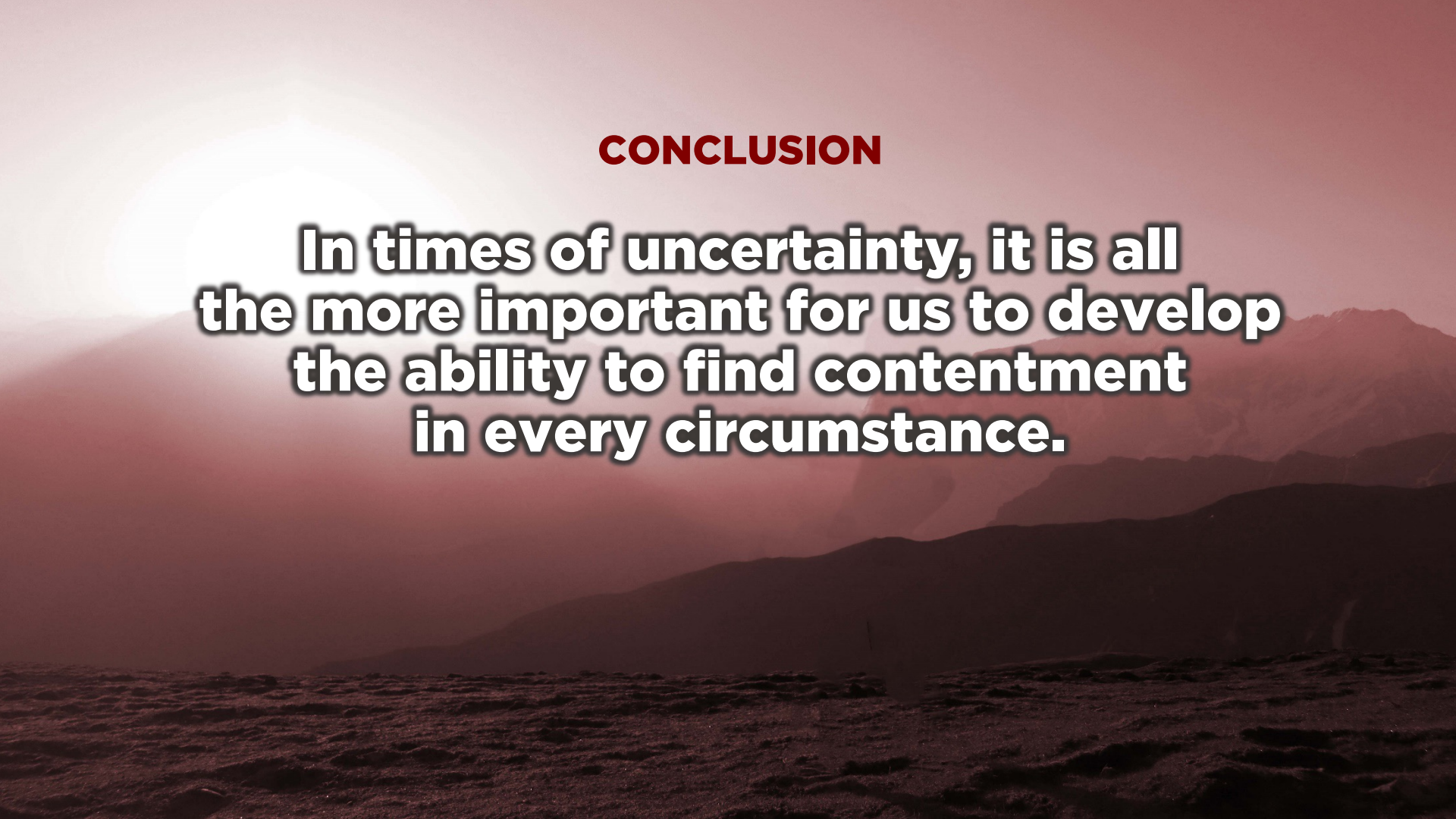


CONCLUSION

**A constant process in
our discipleship journey.**

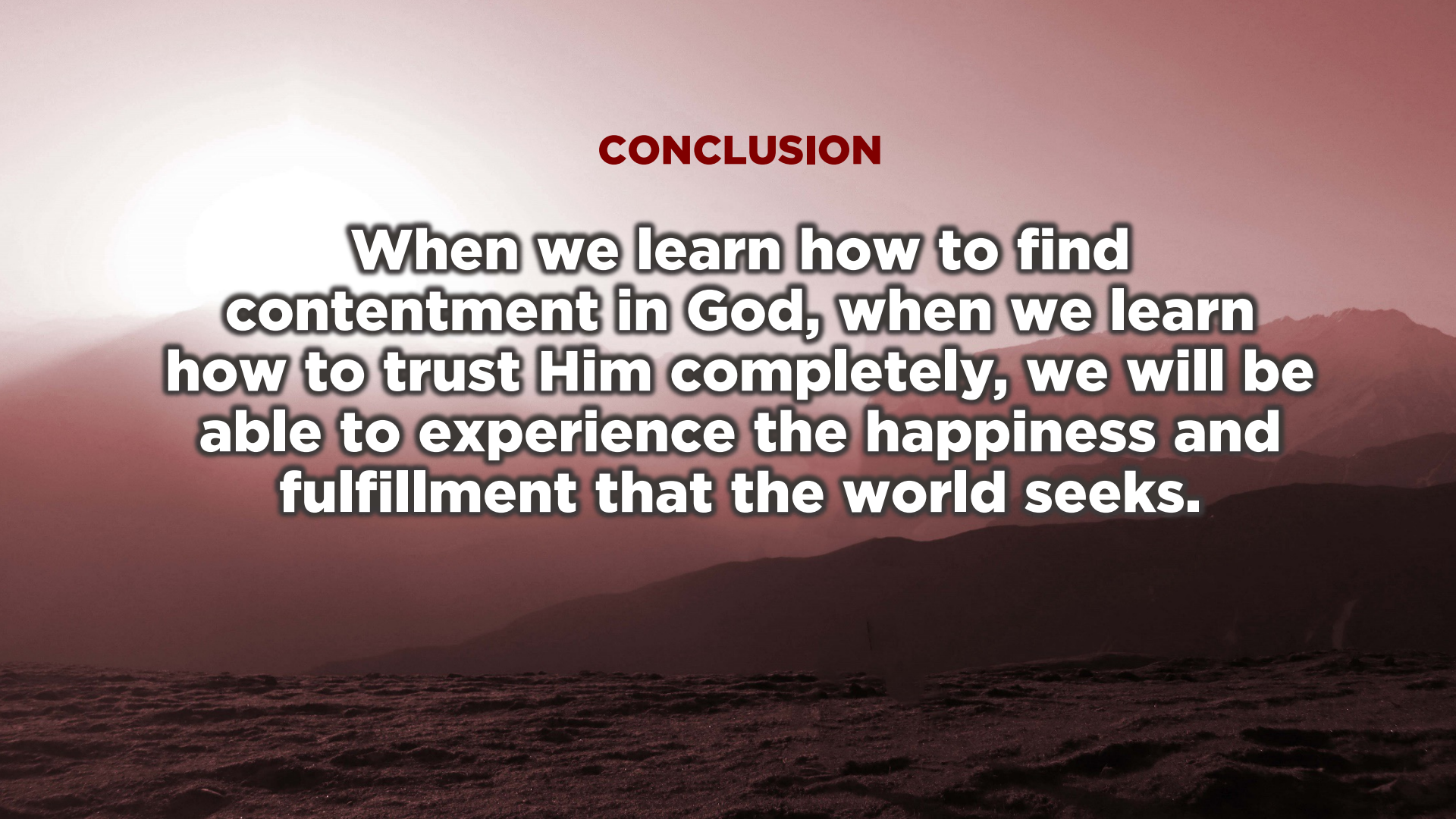
CONCLUSION

Learning to find contentment in the Lord is especially important for Christians now as we are living in uncertain times.

The background of the image is a landscape. On the left, a large, bright, circular light source, likely the sun or moon, is partially obscured by a soft, hazy atmosphere. The sky is a deep, warm red or maroon color. In the middle ground, there are dark, silhouetted mountain ranges. The foreground is a dark, textured surface, possibly a field of low-lying vegetation or a rocky terrain, also in silhouette. The overall mood is contemplative and serene.

CONCLUSION

In times of uncertainty, it is all the more important for us to develop the ability to find contentment in every circumstance.

The background of the image is a landscape featuring a range of mountains under a bright, hazy sky. A large, glowing sun or moon is positioned in the upper left quadrant, casting a soft light across the scene. The overall color palette is dominated by warm, reddish-pink and orange tones, giving it a serene and contemplative feel. The text is overlaid on this background.

CONCLUSION

**When we learn how to find
contentment in God, when we learn
how to trust Him completely, we will be
able to experience the happiness and
fulfillment that the world seeks.**