

# Where do you find Contentment?

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"...I have learned in whatever situation I am to be content. 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. I can do all things through him who strengthens me."

Philippians 4:11-13

# Contentment from Webster's

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## **Definition of *contentment***

the quality or state of being contented

## **Definition of *contented***

feeling or showing satisfaction with one's possessions, status, or situation

## **Synonyms for *contentment***

content, contentedness, delectation, delight, enjoyment,  
gladness, gratification, happiness,  
pleasure, relish, satisfaction

# Contentment definition from Bible

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To be at inner emotional peace and satisfaction with what is already one's own.

1 Timothy 6:8: “But if we have food and clothing, we will be content with that”

Hebrews 13:5. Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

1 Timothy 6:6 “But godliness with contentment is great gain”

# Dave Ramsey on The Most Important Money Principle

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The answer might surprise you.

**Contentment**. That's right,  
contentment!

Contentment brings **peace**, not **apathy**.

**Fun** can be bought, **not contentment!**

# Barriers to Contentment – by Rachel Cruze <sup>5</sup>

## Two Barriers to Contentment

Here are the top two barriers that keep you from true contentment:

### 1. Jealousy

Nothing can steal your contentment quite like jealousy.

Yup - I'm talking about keeping up with the Joneses.

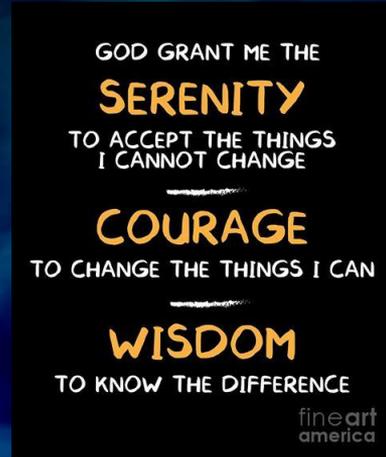
### 2. Comparison

Comparison is the thief of joy. Comparing your life to someone else's is like playing a game you'll never win.

# Other barriers to our contentment – be careful!

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- ▶ Dissatisfaction with your looks, body image, etc
- ▶ Expecting someone else to make you happy
- ▶ Thinking that I shouldn't have to suffer
- ▶ Having unrealistic expectations of others
- ▶ Your Self-Esteem is dependent upon the approval of others



## 2 Corinthians 11:23-28

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**<sup>23</sup>Are they servants of Christ? I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. <sup>24</sup> Five times I received from the Jews the forty lashes minus one. <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. <sup>28</sup> Besides everything else, I face daily the pressure of my concern for all the churches.**

# Philippians 4: 10-13 NIV

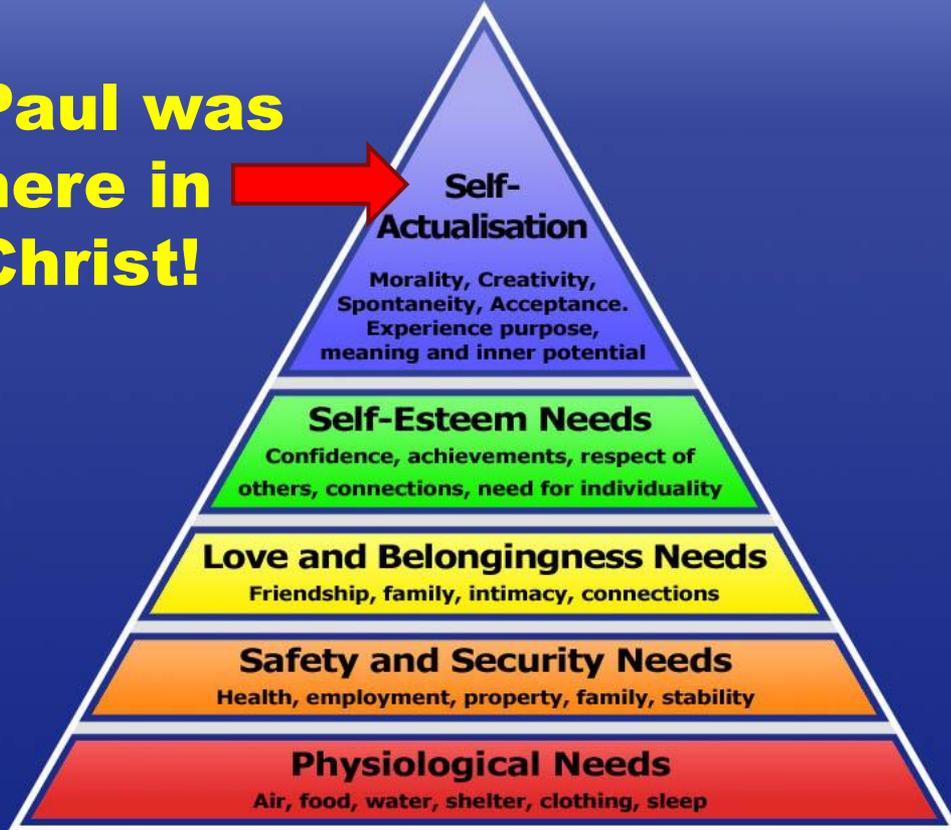
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**<sup>10</sup> I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. <sup>11</sup> I am not saying this because I am in need, for I have learned to be content 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.**

# Maslow's Hierarchy of Needs context

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**Paul was  
here in  
Christ!**



**Maslow's Hierarchy of Needs**

Don't blame me, Jesus said it!

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**Matthew 6:25**: Jesus said, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”

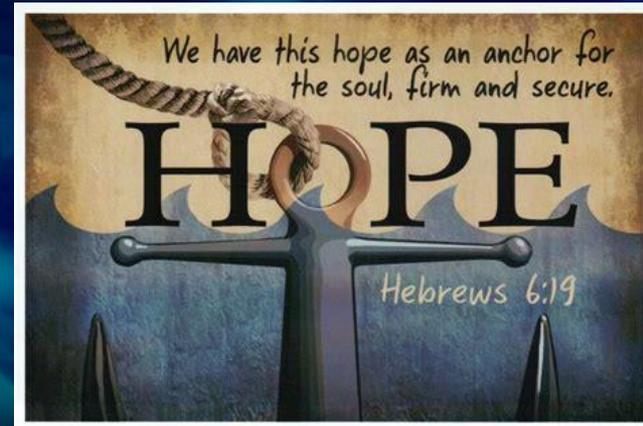
**John 16:33**: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

So, where does our contentment come from?

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- ▶ Does it come from our walk with Jesus (does Jesus bring the contentment)?
  - ▶ Absolutely it does!

John 15:5: “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”



So, where does our contentment come from?

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▶ **Or Does it come from our abiding in or submitting to Jesus?**

▶ **Absolutely it does!**

1 John 2:3-6: “<sup>3</sup> We know that we have come to know him if we keep his commands. <sup>4</sup> Whoever says, “I know him,” but does not do what he commands is a liar, and the truth is not in that person. <sup>5</sup> But if anyone obeys his word, love for God is truly made complete in them. This is how we know we are in him: <sup>6</sup> Whoever claims to live in him must live as Jesus did.”

What is preventing you from experiencing true contentment in Christ? 14

- ▶ Name one step you will take this week/month to be more content in your walk with Jesus
- ▶ What will help you walk closer with Jesus?
- ▶ What will help you submit to the love of Jesus?

## Questions?

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“For I can do everything through Christ, who gives me strength.”