

# CONTENTMENT

Stressed-Out  
May 26, 2019

Introduction: What antonym would you use for the word anxiety? When I searched a thesaurus, I was astounded at the variety of words! Blessing, calm, ease, happiness, certainty, security, confidence, trust, peace, faith, joy and contentment. Anxiety is often formed out of one's discontent – a hopeless pattern of thought which often leads to guilt, depression, sin and anxiety. There is a cure for a stressed-out life – on that is learned and practiced.

Scripture Reading: Philippians 4:10-20

## I. Discontent

<sup>6</sup> *But godliness with contentment is great gain,* <sup>7</sup> *for we brought nothing into the world, and we cannot take anything out of the world.* <sup>8</sup> *But if we have food and clothing, with these **we will be content.*** <sup>9</sup> *But those who desire to be rich fall **into temptation, into a snare, into many senseless and harmful desires that plunge people into ruin and destruction.*** <sup>10</sup> *For the love of money is **a root of all kinds of evils.** It is through **this craving** that some have **wandered away from the faith and pierced themselves with many pangs*** (1 Timothy 6:6–10).

Discontentment screams, “I deserve better!” and whispers,  
“God you are not giving me what I deserve.”

## A. Assumptions

1. I assume I know what is best for me.
2. I assume God's gifts are not best for me.
3. I assume I'm wiser than God.
4. I assume God's direction for my life is an attack rather than a life of mercy and grace.

## B. We deserve God's wrath.

<sup>1</sup> *And you were **dead in the trespasses and sins*** <sup>2</sup> *in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—* <sup>3</sup> *among whom we **all once lived** in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature **children of wrath, like the rest of mankind*** (Ephesians 2:1–3).

## C. Nothing can compare to God's riches.

<sup>4</sup> *But God, being rich in mercy, because of the great love with which he loved us,* <sup>5</sup> *even when we were dead in our trespasses, made us alive together with Christ—**by grace you have been saved***— <sup>6</sup> *and raised us up with him and seated us with him in the heavenly*

places in Christ Jesus,<sup>7</sup> so that **in the coming ages** he might show the immeasurable riches of his grace in kindness **toward us in Christ Jesus** (Ephesians 2:4–7).

We need to make good interpretations of God's dealings with us.

## II. Contentment

NOTE: Contentment is not complacency – The Parable of the One Talent – Matthew 25:24ff

*<sup>10</sup> 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. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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. <sup>13</sup> I can do all things through him who strengthens me. <sup>14</sup> Yet it was kind of you to share my trouble. <sup>15</sup> And you Philippians yourselves know that in the beginning of the gospel, when I left Macedonia, no church entered into partnership with me in giving and receiving, except you only. <sup>16</sup> Even in Thessalonica you sent me help for my needs once and again. <sup>17</sup> Not that I seek the gift, but I seek the fruit that increases to your credit. <sup>18</sup> I have received full payment, and more. I am well supplied, having received from Epaphroditus the gifts you sent, a fragrant offering, a sacrifice acceptable and pleasing to God. <sup>19</sup> And my God will supply every need of yours according to his riches in glory in Christ Jesus. <sup>20</sup> To our God and Father be glory forever and ever. Amen (Philippians 4:10–20).*

- A. Invest in relationships. 10, 14-15
- B. Be satisfied – Want what you have. 11
- C. Learn contentment. 12-13
- D. Be a giver. 16-17
- E. Express gratitude. 18-19

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## I. Discontent (*1 Timothy 6:6–10*).

Discontentment screams, "I deserve better!" and whispers,  
"God you are not giving me what I deserve."

A. Assumptions

B. We \_\_\_\_\_ God's \_\_\_\_\_. (*Ephesians 2:1–3*)

C. Nothing can \_\_\_\_\_ to God's \_\_\_\_\_. (*Ephesians 2:4–7*)

We need to make good \_\_\_\_\_ of God's \_\_\_\_\_ with us.

## II. Contentment

NOTE: Contentment is not \_\_\_\_\_. (*Matthew 25:24ff*)

Philippians 4:10–20

A. Invest in \_\_\_\_\_. 10, 14-15

B. Be \_\_\_\_\_ – \_\_\_\_\_ what you \_\_\_\_\_. 11

C. \_\_\_\_\_ contentment. 12-13

D. Be a \_\_\_\_\_. 16-17

E. Express \_\_\_\_\_. 18-19