


A close-up photograph of a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The background is dark and out of focus, showing some faint light trails. The hand is in the foreground, holding the sparkler's stick.

The Secret of Contentment

— Philippians 4:10-13 —

A hand holding a lit sparkler against a dark background. The sparkler is bright and glowing, with many sparks flying out. The hand is wearing a dark, textured glove. The background is dark and out of focus.

Finding Joy

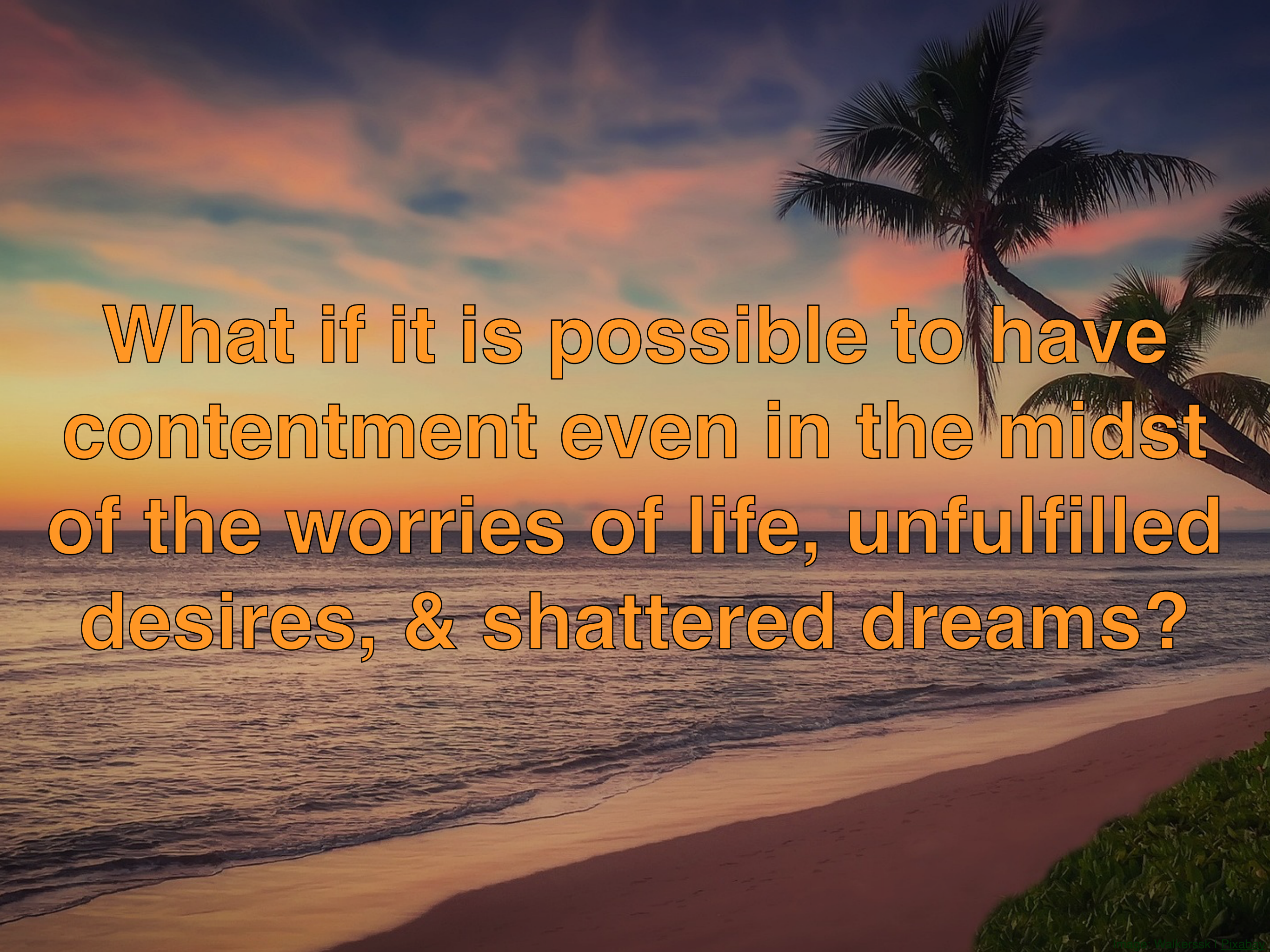
PHILIPPIANS

Right Where You Are

**When you
think of
contentment,
what comes
to mind**

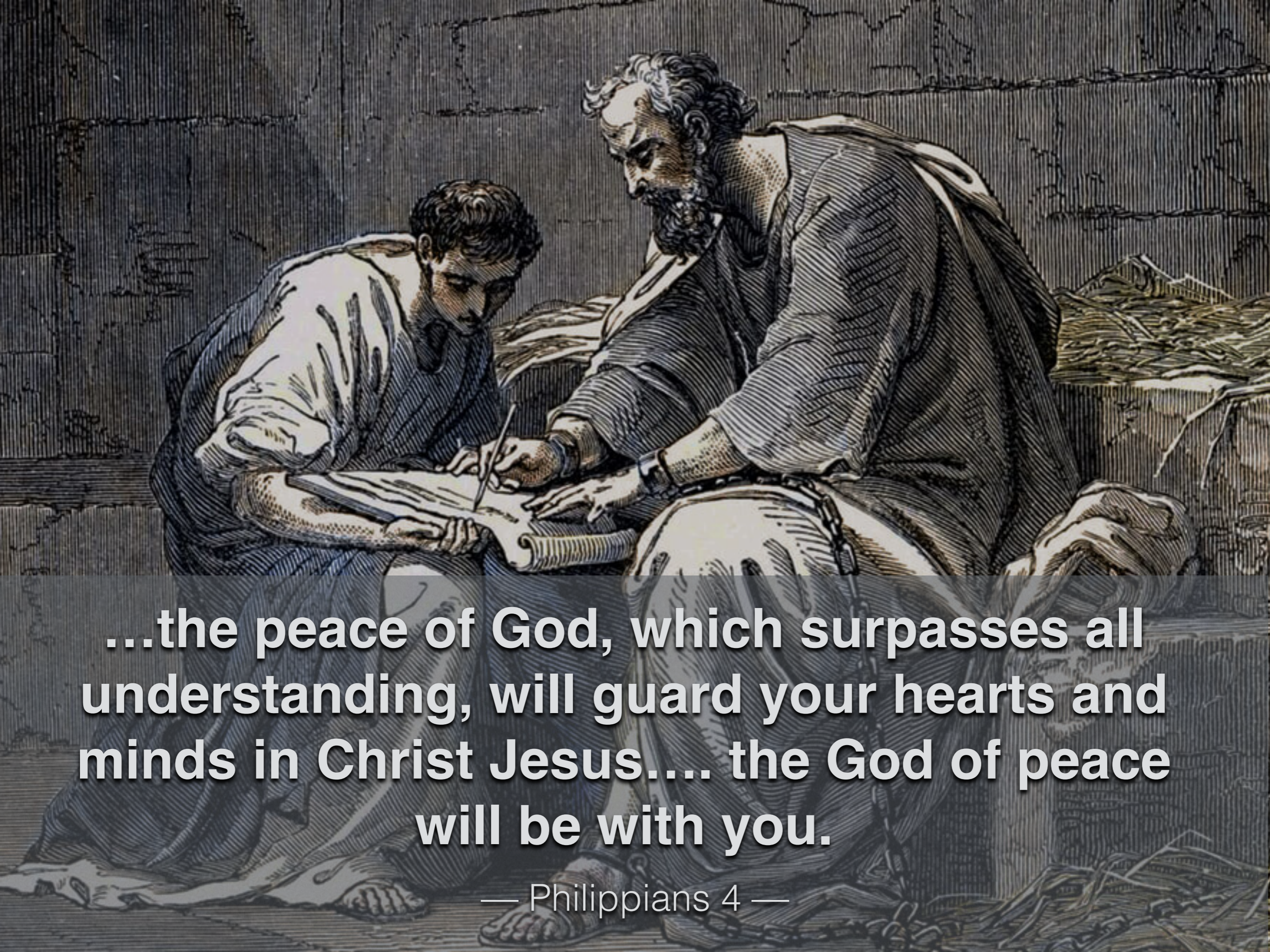




A tropical beach scene at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The sun is low on the horizon, casting a warm glow over the ocean. In the foreground, there is a sandy beach with gentle waves lapping at the shore. Several palm trees are visible, their silhouettes against the bright sky. The overall mood is peaceful and serene.

What if it is possible to have contentment even in the midst of the worries of life, unfulfilled desires, & shattered dreams?





...the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.... the God of peace will be with you.

— Philippians 4 —

A close-up photograph of a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The background is dark and out of focus, showing some faint light trails. The overall mood is celebratory and joyful.

The Secret of Contentment

— Philippians 4:10-13 —

Philippians 4


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.

Philippians 4

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.

Philippians 4

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.



I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now.

Philippians 4

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.**

We want you to know, brothers, about the grace of God that has been given among the churches of Macedonia, for in a severe test of affliction, their abundance of joy and their extreme poverty have overflowed in a wealth of generosity on their part.



The Apostle Paul
— 2 Corinthians 8:2 —

Philippians 4

11 Not that I am speaking of being in need....

Philippians 4

11 Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.

Important Point

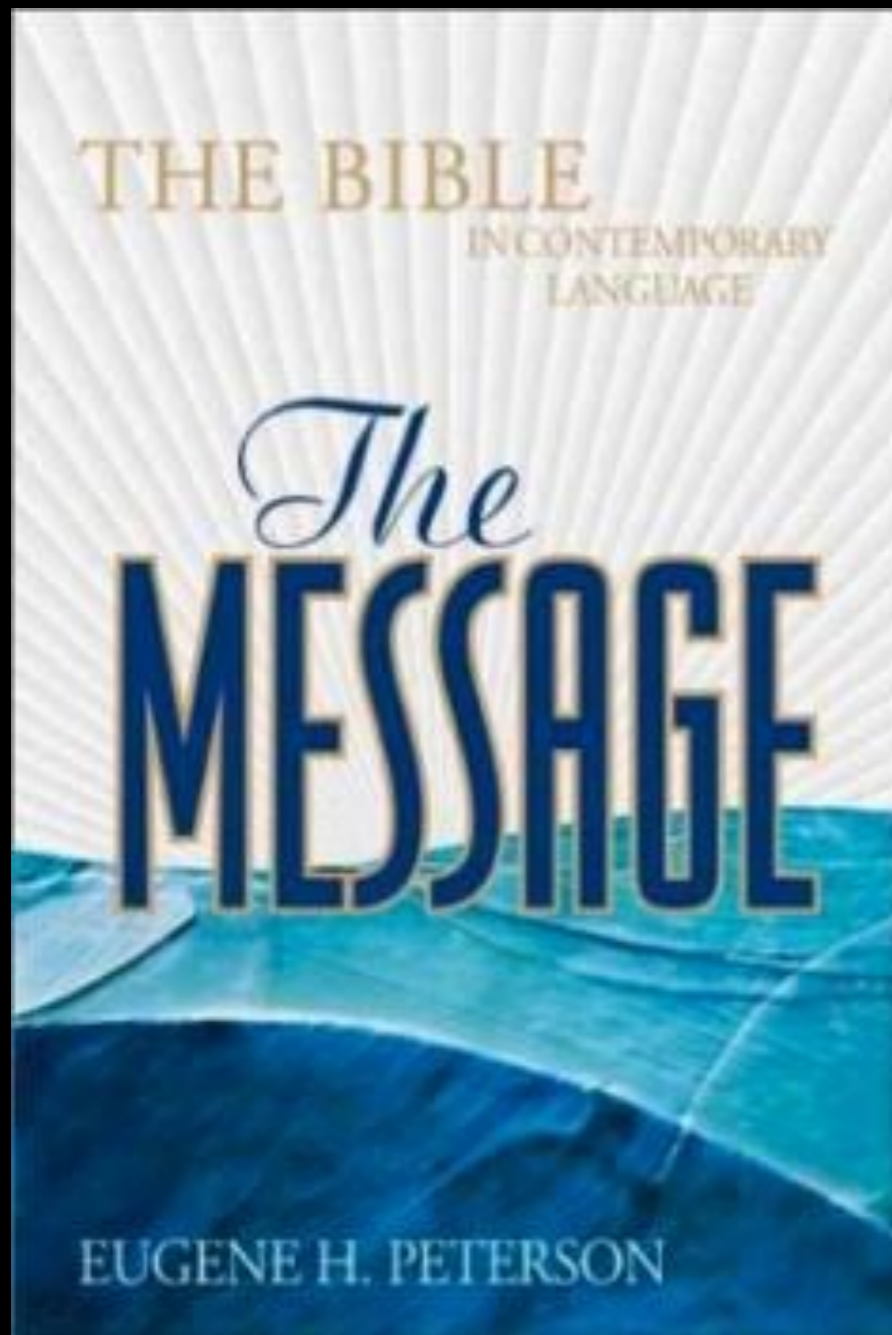
Paul is wanting to clarify that he is NOT rejoicing because he was in need and now he is not.

Rather, he is speaking about a rejoicing that transcends any given situation.



**Rejoice in the Lord always;
again I will say, rejoice!**

— Philippians 4:4 —



Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances.

**How many of us
can honestly say
that we have learned
to be quite content
no matter what
circumstances we
find ourselves in?**



Do you ever grumble about your circumstances?

“Do all things
without grumbling....”

— Philippians 2:14 —



The Rare Jewel of Christian Contentment

Jeremiah Burroughs
1599-1646



Philippians 4

12 I know how to be brought low, and I know how to abound.

Philippians 4

12 I know how to be brought low, and I know how to abound.

I know how to be content when I am humbled and don't have much, and I know how to be content when I am well supplied.

Philippians 4

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.

**To the present hour
we hunger and thirst,
we are poorly dressed
and buffeted and
homeless, and we
labor, working with
our own hands.**



The Apostle Paul

— 1 Corinthians 4:11-12 —

**...as servants of God
we commend our-
selves in every way:
by great endurance,
in afflictions, hard-
ships, calamities,
beatings, imprison-
ments, riots, labors,
sleepless nights,
hunger....**



The Apostle Paul
— 2 Corinthians 6:4 —

**Three times I was
beaten with rods.
Once I was stoned.
Three times I was
shipwrecked; a night
and a day I was adrift
at sea; on frequent
journeys, in danger
from rivers, danger
from robbers,**



The Apostle Paul
— 2 Corinthians 11:25ff. —

**danger from my
own people, danger
from Gentiles,
danger in the city,
danger in the
wilderness, danger
at sea, danger from
false brothers; in
toil and hardship,**



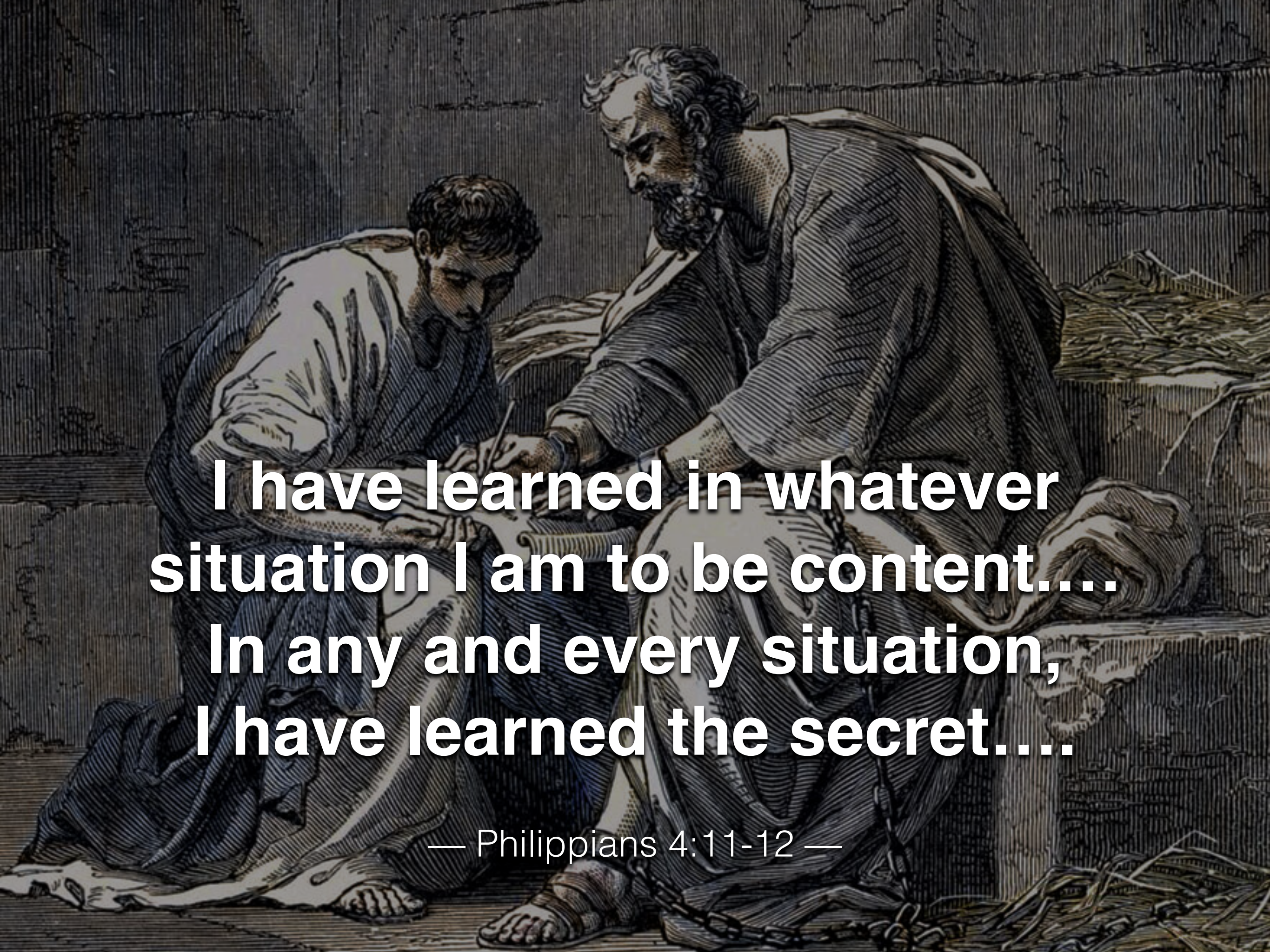
The Apostle Paul
— 2 Corinthians 11:25ff. —

**through many a
sleepless night,
in hunger and
thirst, often with-
out food, in cold
and exposure....**



The Apostle Paul

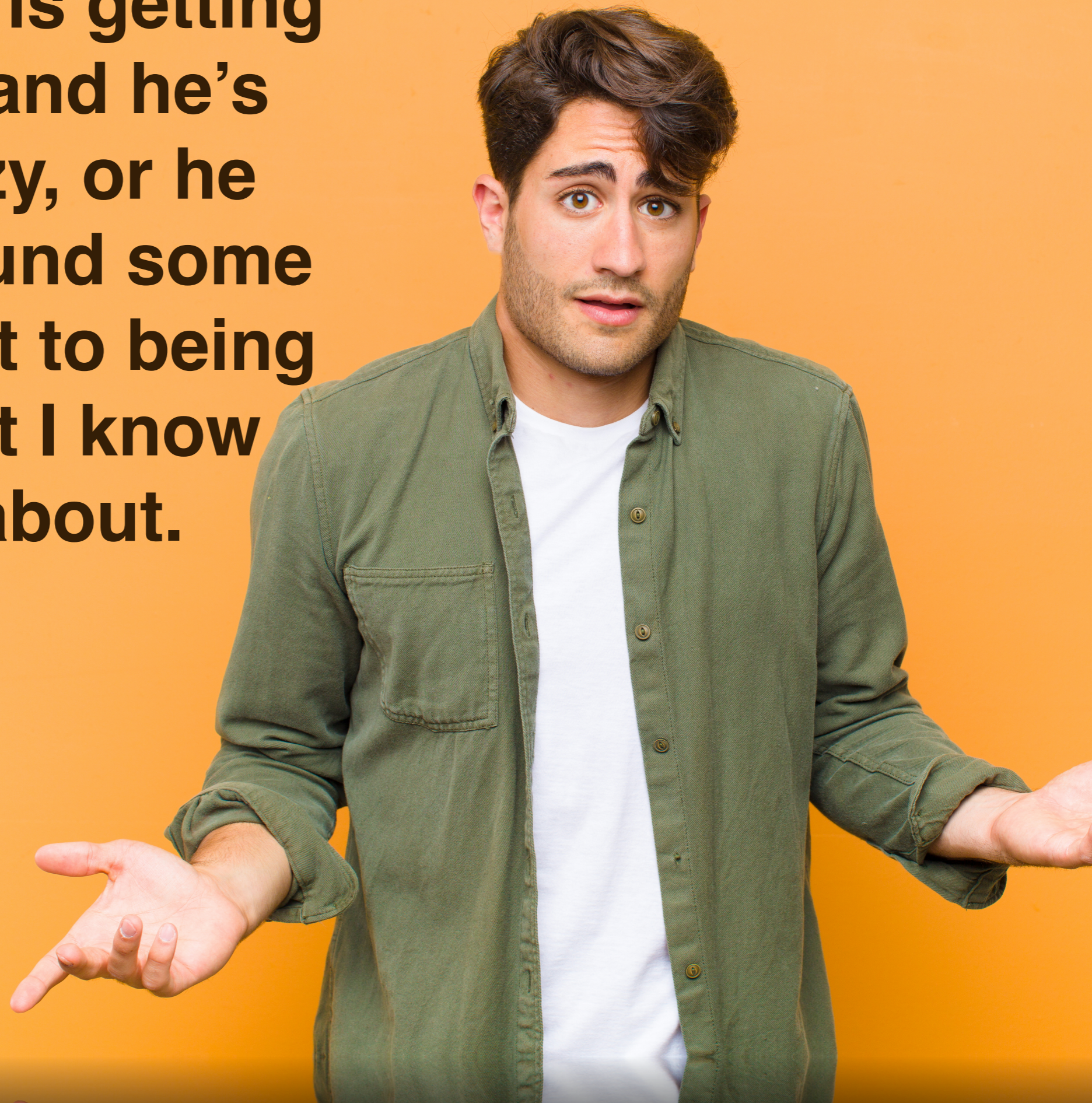
— 2 Corinthians 11:25ff. —

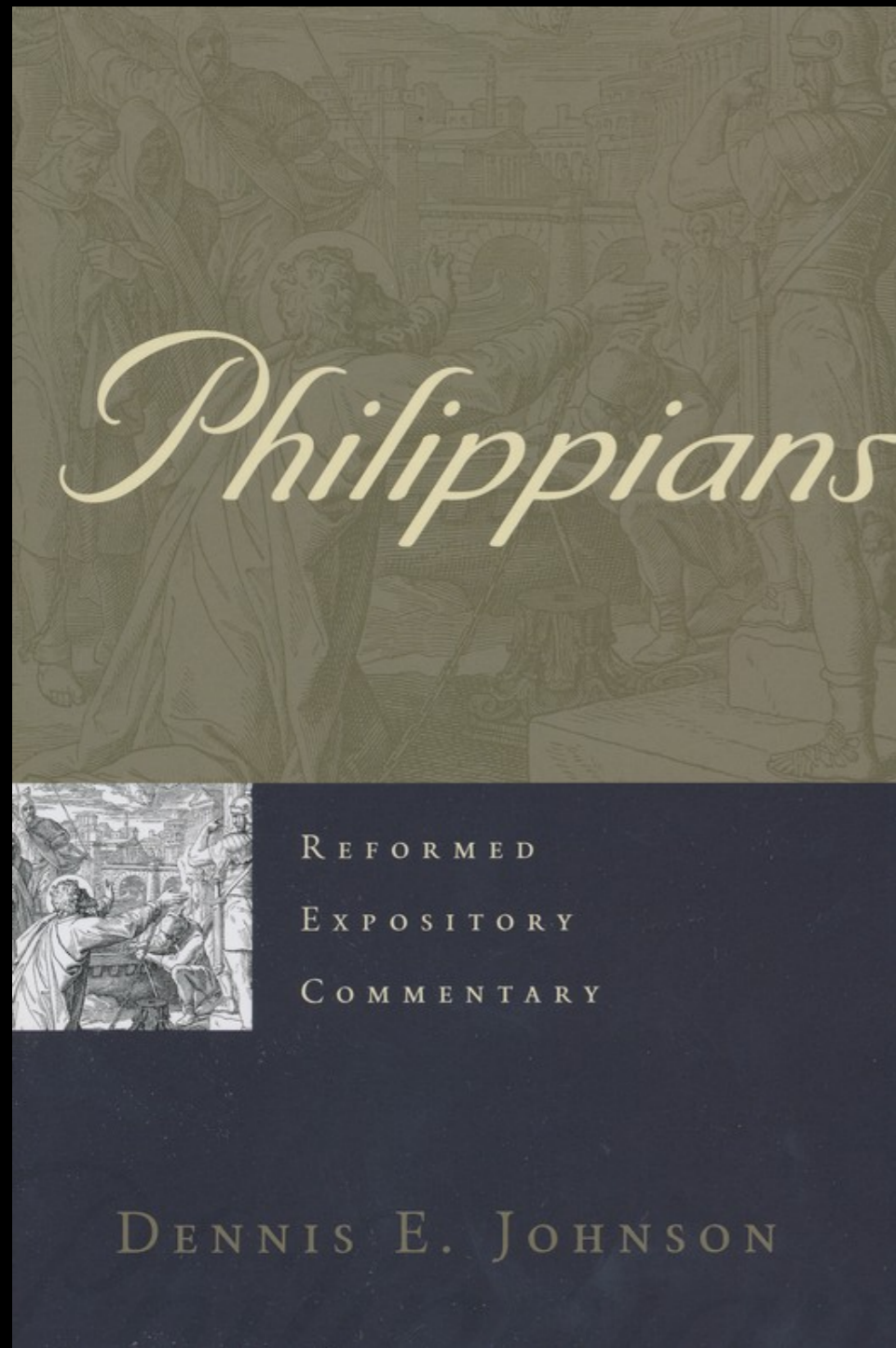


**I have learned in whatever
situation I am to be content....
In any and every situation,
I have learned the secret....**

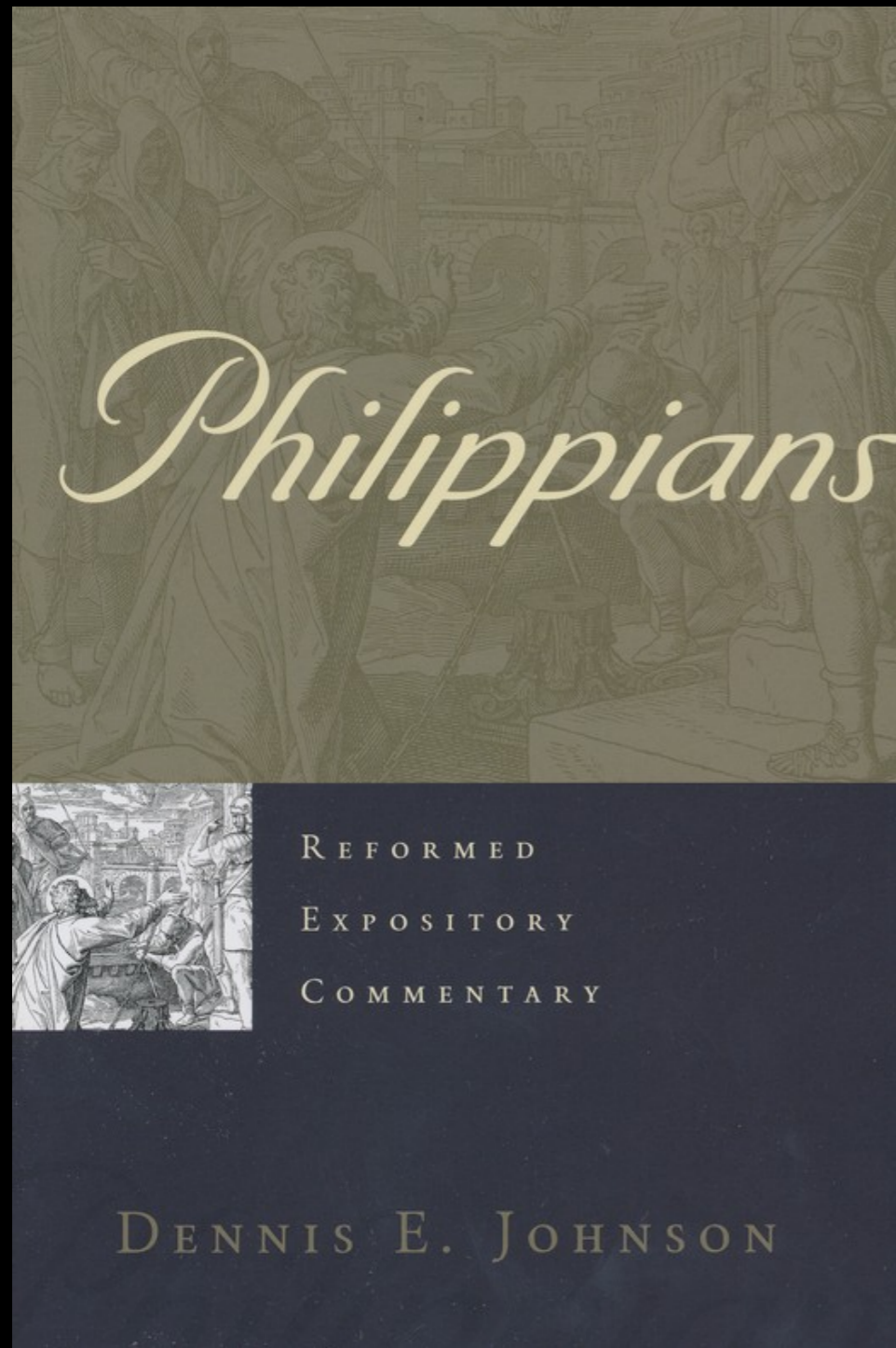
— Philippians 4:11-12 —

Either prison is getting to this guy and he's talking crazy, or he really has found some kind of secret to being content that I know nothing about.





**He reduces things
to bare essentials,
to the questions of
whether there is
food on the table....
In effect, Paul says,
“I can be stuffed or
starved; either way
I am content.”**



When I hear Paul say the he can respond to near-starvation without resenting God's providence or envying the well fed, I am embarrassed by how little it takes to unsettle my contentment....



Philippians 4

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.**

GEEKING OUT ON GREEK

“I have learned the secret”

memyemai / μεμύημαι



**to be initiated / instructed
in sacred mysteries**

**I have been initiated into / instructed in
the sacred mystery of facing plenty
and hunger, abundance and need.**

Paul is saying there is a sacred mystery, kind of like a code to be cracked, that once known and put into practice, unleashes the secret to being content in any and every circumstance.





**So, what is
this secret?
I would very
much like
to know it!**

Philippians 4

13 I can do all things through him who strengthens me.



???

Philippians 4

**13 I can do all things through him who
strengthens me.**

Philippians 4

13 I can do all things through him who strengthens me.

“...all the energy Christ so powerfully works in me.”

— Colossians 1:29 —

“...God who works in you to will and to act in order to fulfill his good purpose.”

— Philippians 2:13 —

Philippians 4

13 **I can do** all things through him who strengthens me.

Greek: ischyō / ἰσχύω

Literally to have strength / power / might;
to have the resources to prevail, to overcome

Philippians 4

13 **I can do** all things through him who strengthens me.

Greek: ischyō / ἰσχύω

Literally to have strength / power / might;
to have the resources to prevail, to overcome

The idea is this: I can endure and overcome anything and everything not on my own, but rather through Christ who strengthens me.

**Therefore I will
boast all the more
gladly of my
weaknesses, so
that the power of
Christ may rest
upon me.**



The Apostle Paul
— 2 Corinthians 12:8ff. —

**For the sake of
Christ, then, I am
content with
weaknesses,
insults, hardships,
persecutions, and
calamities. For
when I am weak,
then I am strong.**



The Apostle Paul
— 2 Corinthians 12:8ff. —

**The secret to being content
in any and every situation
is having the ability to endure
all things through Christ
who not only is with me but
also empowers me to do so.**

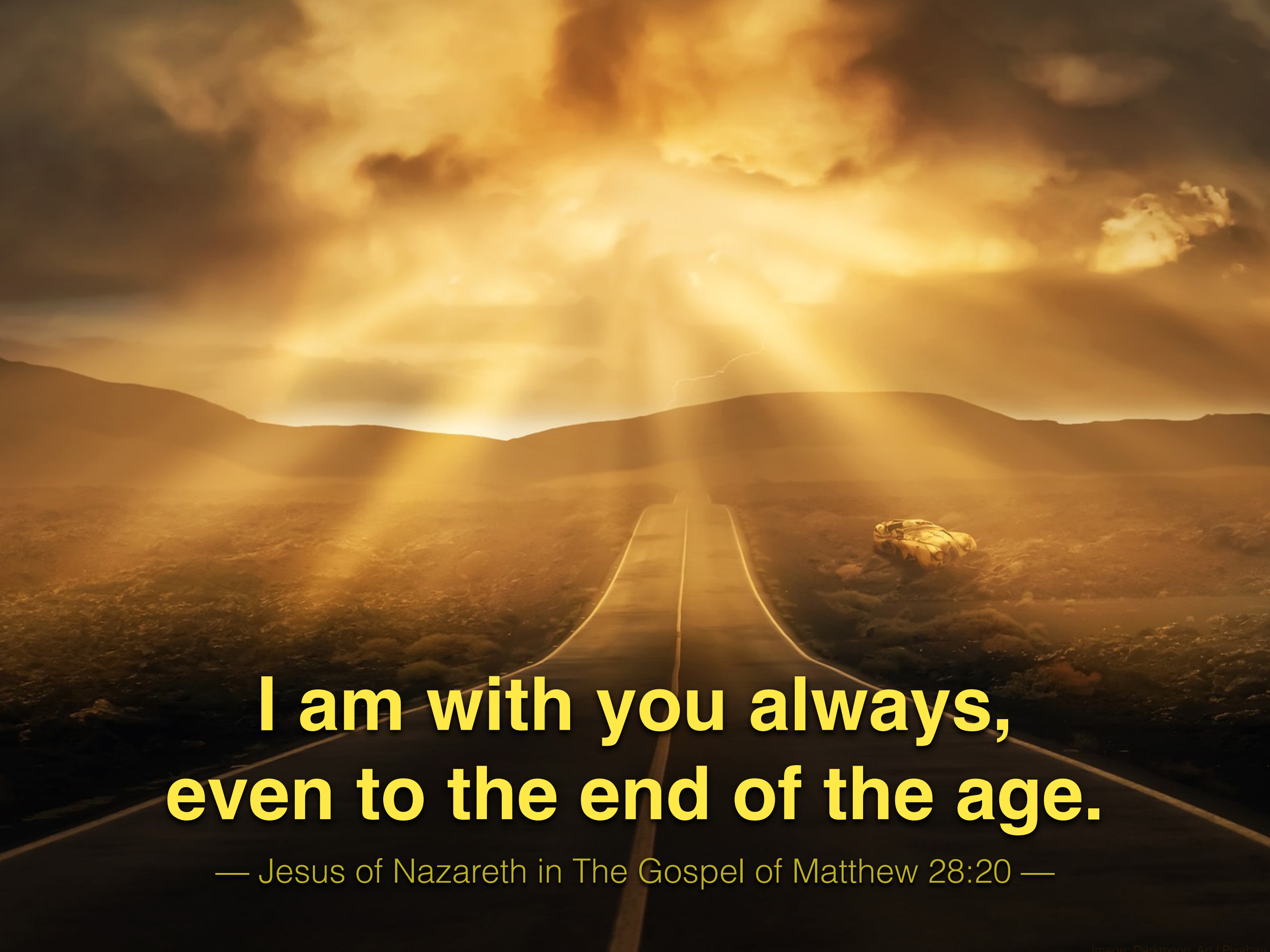
Let's Plug In
To Christ &
His Power





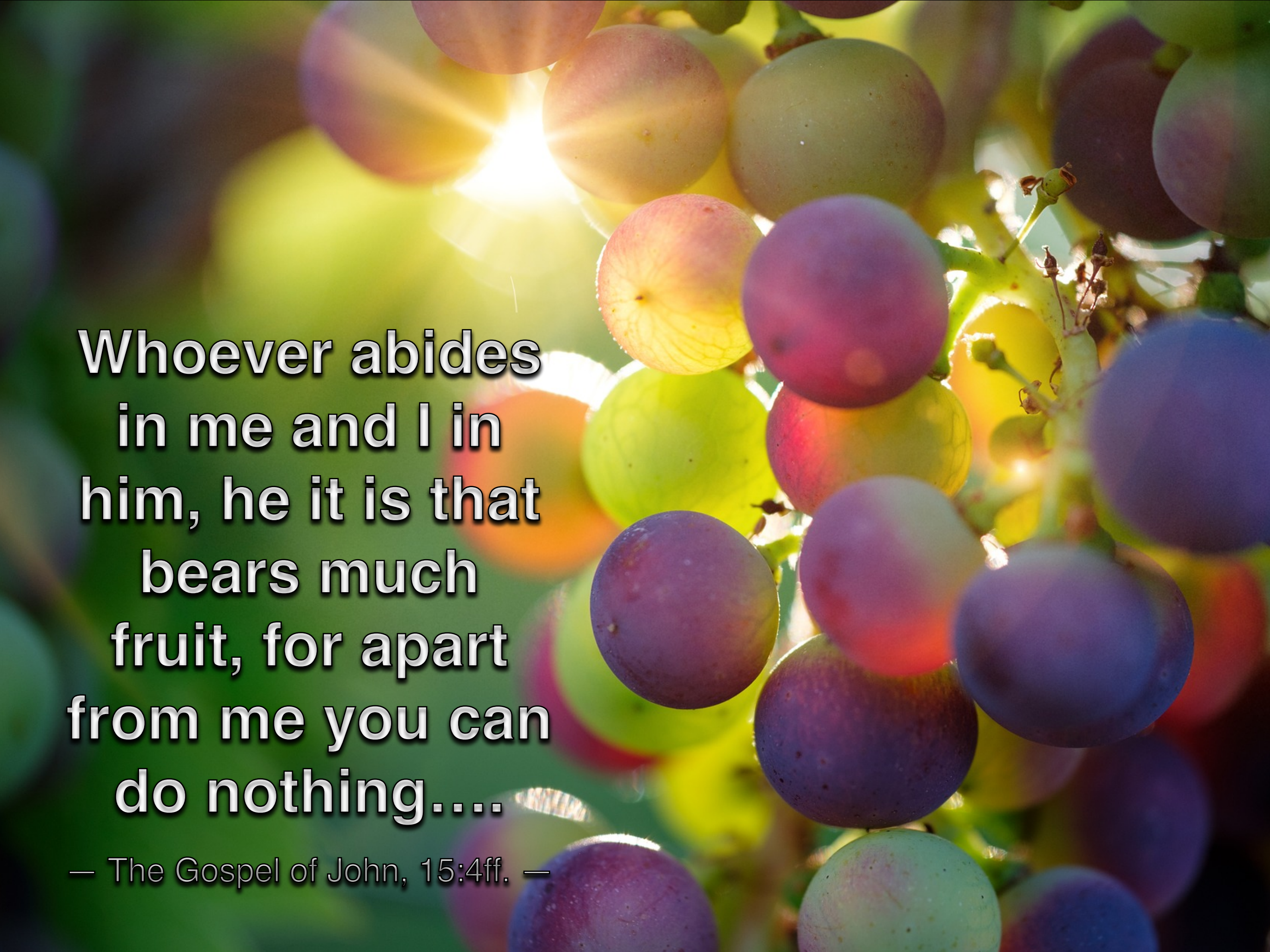
**The Son of God
loved me and
gave Himself
for me.**

— The Apostle Paul in Galatians 2:20 —

A dramatic landscape with a road leading to a bright, stormy sky with a lightning bolt. The scene is bathed in golden light, suggesting a sunrise or sunset. The road is a two-lane highway that curves slightly to the right. In the distance, there are rolling hills and a large, dark, rounded rock formation on the right side of the road. The sky is filled with heavy, dark clouds, and a bright light source is breaking through the clouds, creating a strong lens flare and illuminating the scene. A single lightning bolt is visible in the sky, striking down towards the horizon.

**I am with you always,
even to the end of the age.**

— Jesus of Nazareth in The Gospel of Matthew 28:20 —

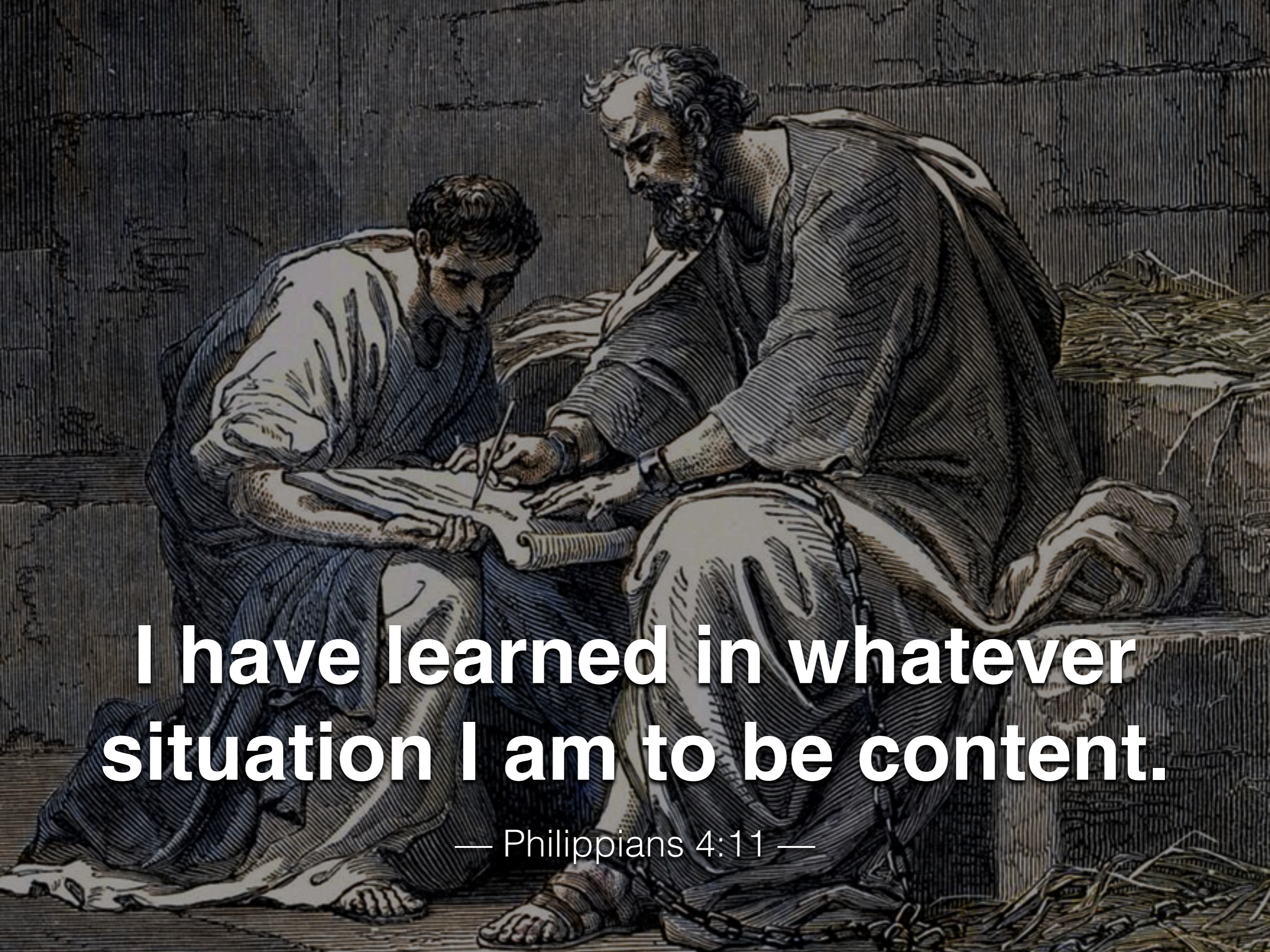


**Whoever abides
in me and I in
him, he it is that
bears much
fruit, for apart
from me you can
do nothing....**

— The Gospel of John, 15:4ff. —

LET'S ENROLL IN CHRIST'S
SCHOOL OF CONTENTMENT





**I have learned in whatever
situation I am to be content.**

— Philipians 4:11 —



Take care, and be on your guard against all covetousness, for one's life does not consist in the abundance of possessions.

Jesus of Nazareth
The Gospel of Luke 5:31-32

**Keep your life free from love of money,
and be content with what you have,
for he has said, “I will never leave you
nor forsake you.”**

— Hebrews 13:5 —



**...godliness with
contentment is great
gain, for we brought
nothing into the world,
and we cannot take
anything out of the
world.**



The Apostle Paul

— 1 Timothy 6:6-10 —

But if we have food and clothing, with these we will be content. 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.



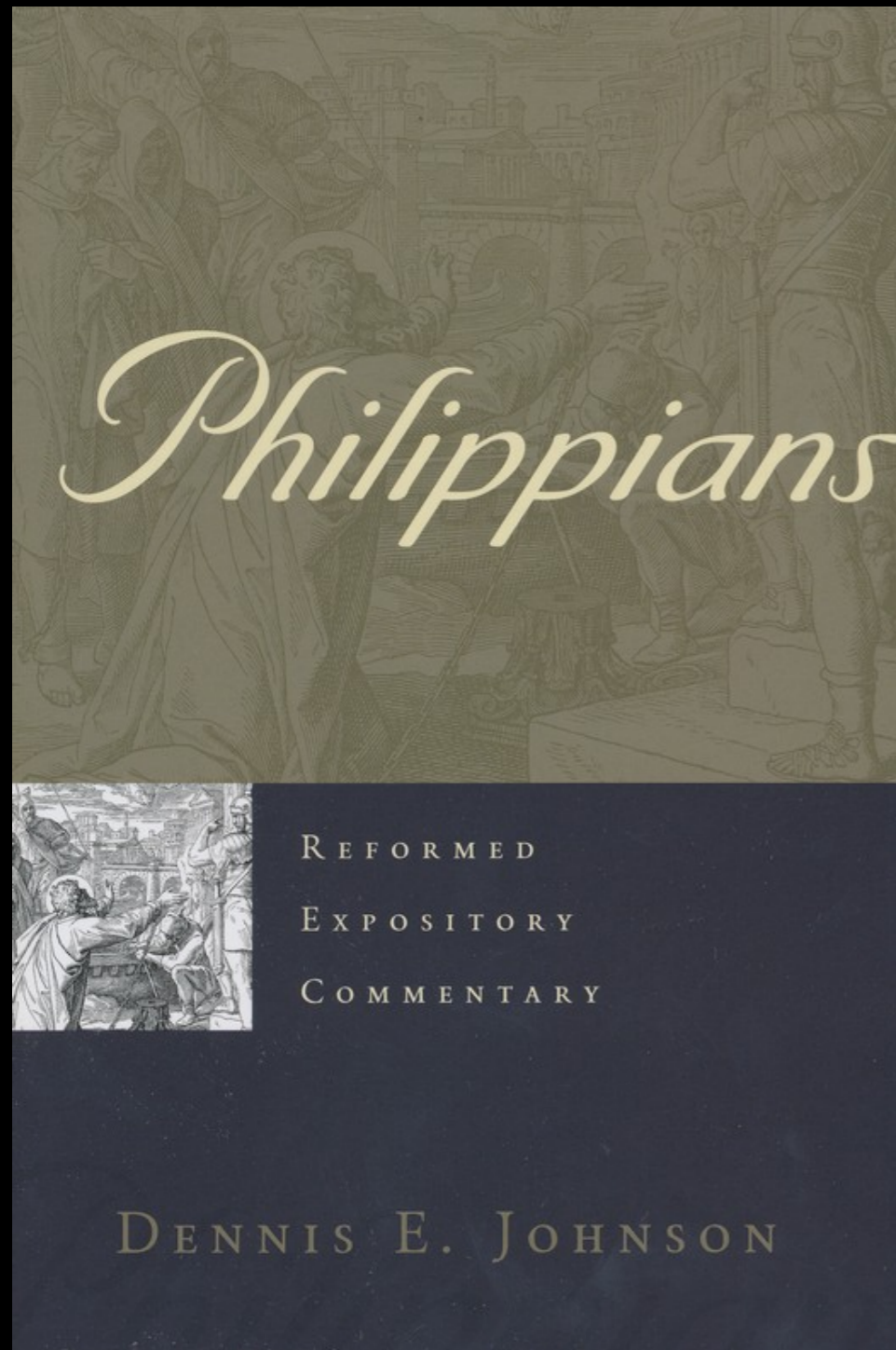
The Apostle Paul
— 1 Timothy 6:6-10 —

**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.**

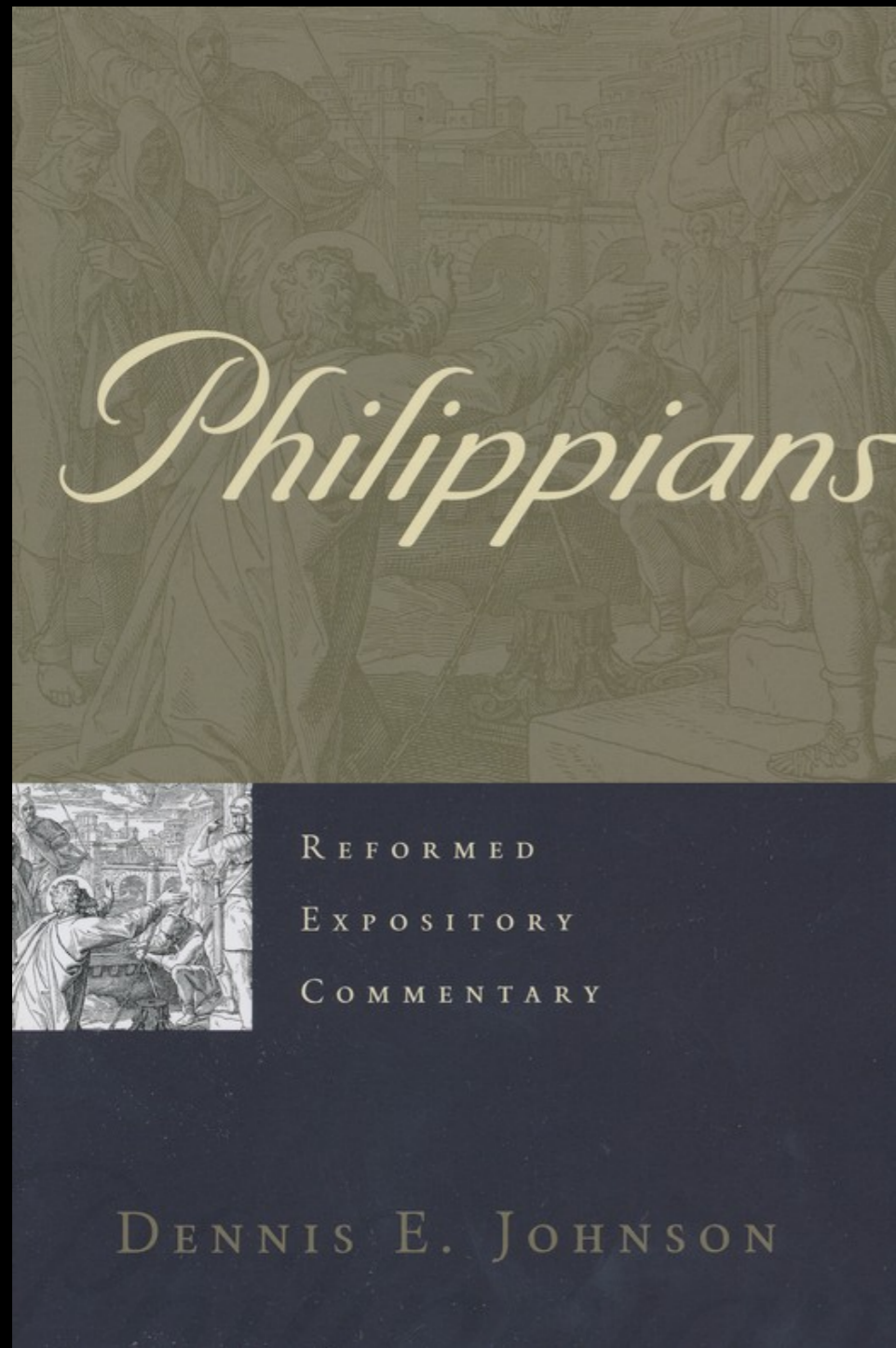


The Apostle Paul

— 1 Timothy 6:6-10 —



Money and what it can buy can be as addictive as narcotics: the more you have, the more you feel you need in order to get the same 'high.'



For many of us, the challenge is not to be content when we have *nothing*. After all, we have never had *nothing*. The challenge is to be content when we have *more* than we need but *less* than we want.

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy.



The Apostle Paul
— 1 Timothy 6:17—

**I have learned in whatever
situation to be content.**

I know how to be brought low,

I know how to a bound.

I have learned the secret of contentment.

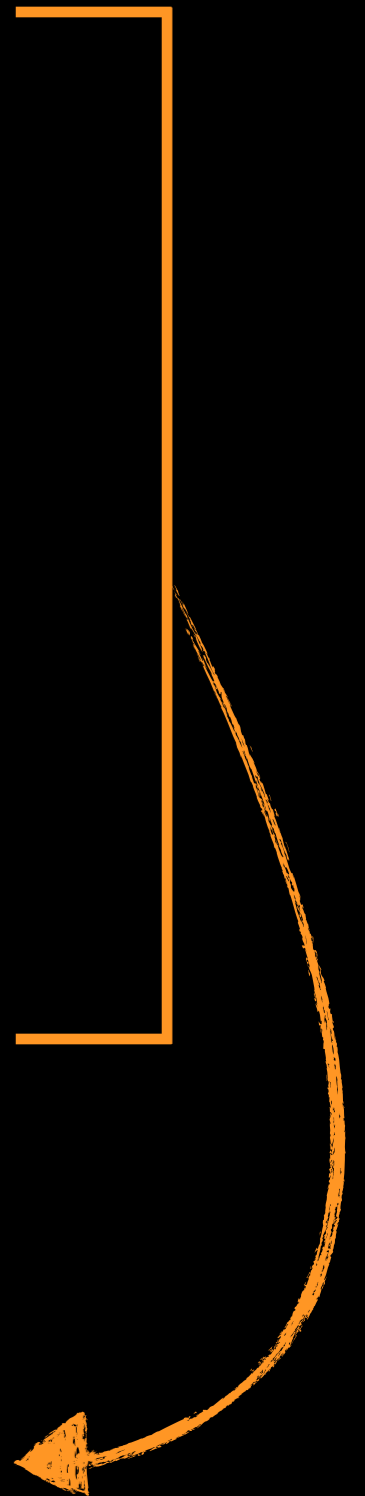
**I have learned in whatever
situation to be content.**

I know how to be brought low,

I know how to a bound.

I have learned the secret of contentment.

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



The Rare Jewel of Christian
CONTENTMENT



By **JEREMIAH BURROUGHS**

**...to be well skilled
in the mystery of
Christian contentment
is the duty, glory,
and excellence
of a Christian.**

I can do all things through Christ who strengthens me.

I can do all things through Christ who strengthens me.

I can do all things through Christ who strengthens me.

I can do all things through Christ who strengthens me.



Let's Plug In
To Christ &
His Power



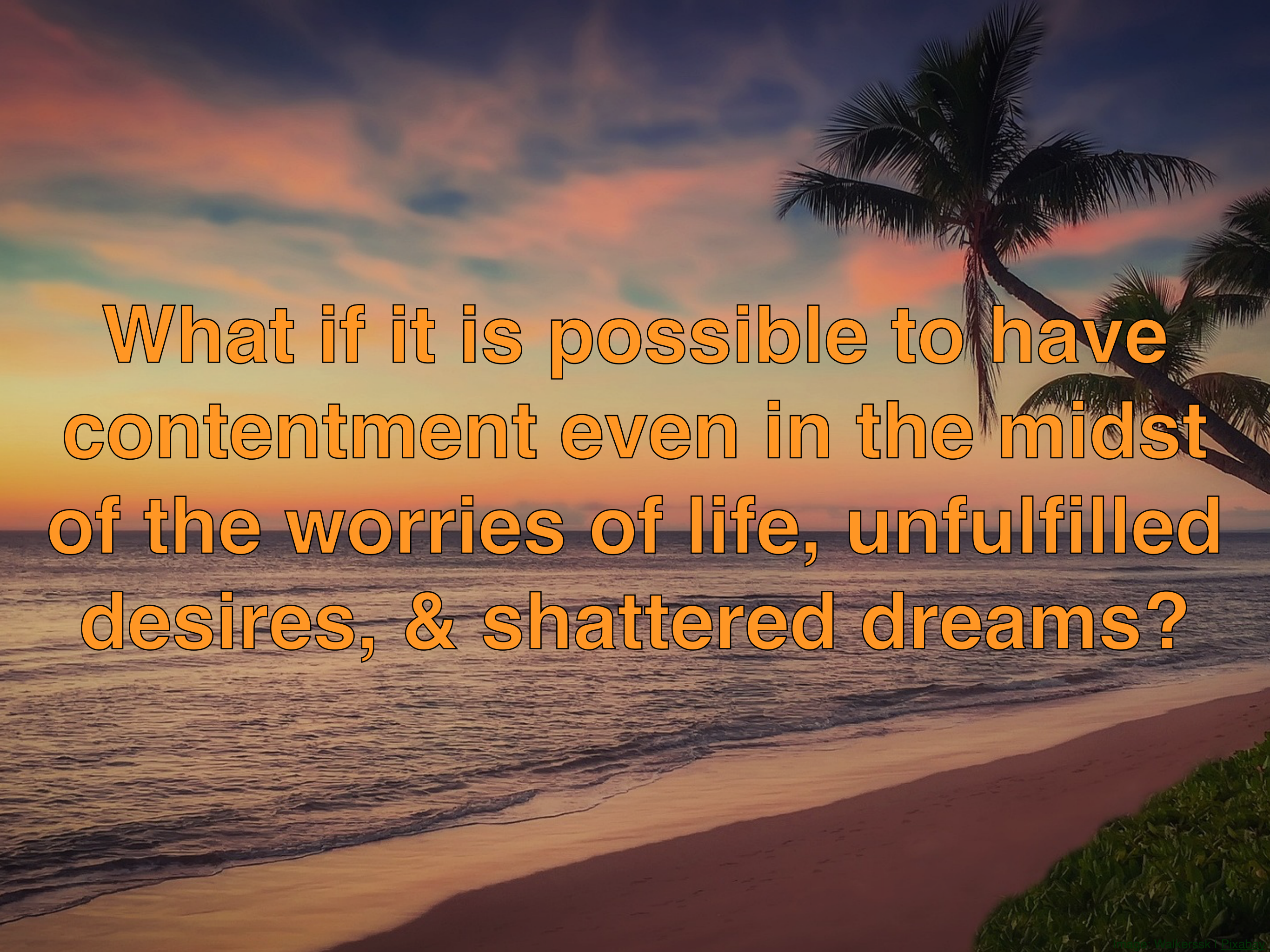
LET'S ENROLL IN CHRIST'S
SCHOOL OF CONTENTMENT





LET US REMEMBER THAT

THE BEST IS YET TO COME

A tropical beach scene at sunset. The sky is filled with soft, colorful clouds in shades of orange, pink, and blue. The sun is low on the horizon, casting a warm glow over the ocean. In the foreground, there is a sandy beach with gentle waves lapping at the shore. Several palm trees are visible, their silhouettes against the bright sky. The overall mood is peaceful and serene.

What if it is possible to have contentment even in the midst of the worries of life, unfulfilled desires, & shattered dreams?

I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.



The Apostle Paul
— Romans 8:18 —

And we know that for those who love God all things work together for good, for those who are called according to his purpose.



The Apostle Paul
— Romans 8:18 —



**There is no circumstance, no trouble,
no testing, that can ever touch me
until, first of all, it has gone past God
and past Christ right through to me. If
it has come that far, it has come with
great purpose, which I may not
understand at the moment.**

Alan Redpath (1907-1989)



**The night is dark
but I am not forsaken
For by my side
the Savior He will stay
I labor on in weakness
and rejoicing
For in my need
His power is displayed**

— “Yet Not I But Through Christ In Me” —



**To this I hold:
My Shepherd will defend me
Through the deepest valley
He will lead
Oh the night has been won
and I shall overcome
Yet not I, but through
Christ in me**

— “Yet Not I But Through Christ In Me” —

A close-up photograph of a hand holding a lit sparkler. The sparkler is bright and glowing, with many sparks flying outwards. The background is dark and out of focus, showing some faint light trails. The overall mood is celebratory and hopeful.

**May You Learn The Secret Of
Contentment In Any And Every
Situation, Knowing You Can Do
All Things Through Christ
Who Strengthens You!**