

## The Secret of Contentment

### Philippians 4:10-13

I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it's not the answer.

— Jim Carrey —

*“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. Not that I am speaking of being in need, for 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 4:10-13

*“Are they servants of Christ? I am a better one – I am talking like a madman – with far greater laborers, far more imprisonments, with countless beatings, and often near death. Five times I received at the hands of the Jews the forty lashes less one. 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, 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, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.”*

- 2 Corinthians 11:23-28

#### 1. Two Paths to Choose

- a. To live out of the **OVERFLOW** of Christ in us.
- b. To live caught in the **UNDERTOW** of our circumstances

#### 2. A Position That Defines Us

*“Therefore, I have not felt lonely or abandoned for one moment... Therefore, you must not think that I am unhappy. What is happiness and unhappiness? It depends so little on the circumstances; it depends really only on that which happens inside a person. I am grateful every day that I have you and that makes me happy.”*

-Bonhoeffer, Letters from Prison

### **3. A Posture That Sustains Us**

*“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”*

- John 15:5