

Philippians 4:10-13

Explain the text in v10-13, culminating in the most known and quoted verse in Philippians: 4:13.

1. We see the black paint under the football or baseball players eyes and in it we see Phil 4:13
2. We see the student strolling in to take her test with Phil 4:13 on her notebook
3. We here the Olympic athlete quote the verse...and honestly it all has a tendency to rub those of us who know our Bibles well the wrong way sometimes doesn't it?
4. We know that Philippians 4:13 is not referring to touchdowns, home runs, straight A's, or Olympic gold medals...it is a far cry from it! We just saw the context!
5. At the same time, we don't need to miss the fact that there is truth in the face paint of the athlete, on the notebook of the student, and on the lips of the Olympic athlete... they can do all things through Christ who strengthens him...in fact they couldn't do anything without His strength
6. Colossians 1:15-17 *He is the image of the invisible God, the firstborn of all creation.*

16 For by Him all things were created, both in the heavens and on earth, visible and invisible, whether thrones or dominions or rulers or authorities--all things have been created through Him and for Him. 17 He is before all things, and in Him all things hold together.

In a very real way, we can say "I can do all things through Christ who strengthens me" because He is our only strength...but what this verse is really referring to is not athletic feats, valedictorian status, or gold and silver medals. What this verse is pointing us to is the way Christ can strengthen us to be content in all things.

1. This is a text about the apostle Paul being content in every circumstance of life.
2. Contentment: a resting or satisfaction of mind without uneasiness or restlessness
3. 1 Timothy 6:6-8 *godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content*

I. The Comprehensive Nature of Contentment

Contentment (unaffected) in ALL circumstances (it is based on Christ, not on circumstances).

Humble means—hunger and need

Prosperity—filled and in abundance

We naturally think that we could bear wealth better than poverty...but we must learn contentment even in prosperity.

It takes a steady hand to carry a full cup.

Ahab had everything and yet pouted over Naboth's vineyard.

Haman had everything but pouted over Mordecai refusing to bow.

Paul had learned to be content on both ends of the spectrum.

As for his outward condition, he was like a reed, bending every way with the wind of Providence. When a prosperous gale blew upon him, he could bend with that (I know how to be full), and when a boisterous gust of affliction blew, he could bend in humility with that (I know how to be hungry). Watson

After saying that he had learned contentment under every circumstance and telling that he had known so many varieties and extremes of condition, he added, I can be content, not only in these situations, but I can do ALL things in Christ who is strengthening me.

II. The Caution of Discontentment

The poster-children of discontentment were the Israelites.

1. They did not know how to abound or how to be in need.
2. When they were in need they murmured, and when they had plenty they abandoned God.
3. How can we avoid this temptation?

• Consider the Justice of God

The least we enjoy is immeasurably more than in justice we could expect, and that the worst we can here suffer is immeasurably less than we deserve.

• Consider the Providence of God

1. When we have an outbreak of discontentment we have forgotten that in the little things, as well as in the big things, God is working in His providence to teach us, to humble us, and to test us.
2. Let us embrace the reality that the One who knows the number of hairs on our heads, is working in the little things (little sorrows and little joys) for His glory and our good.
3. Discontent takes everything from God in the worst sense; it accuses and censures God.
4. Contentment takes everything from God in the best sense; when our condition is ever so bad he can say, yet God is good.

Psalm 34:10 *The young lions suffer want and hunger; but those who seek the LORD lack no good thing.*

III. The Constant Battle for Contentment

It is not past tense...it is present.

1. It is not your old experiences, but your daily ones.
2. The children of Israel collected manna every day.
3. We have to find strength in Christ from day to day to satisfy us.

That ultimately is the key: Christ must be our satisfaction.

1. John 4:1-15
2. Matthew 13:44 *The kingdom of heaven is like treasure hidden in a field, which a man found and covered up. Then in his joy he goes and sells all that he has and buys that field.*
3. Our contentment or discontentment is not about what we have or what we don't have...it is about where we find our joy and satisfaction.

The way for a Christian to be content is not by raising his state higher, but by bringing his spirit lower; not by making his barns wider, but his heart narrower. The way to be comfortable is not by having our barns filled, but our minds quiet. Watson

Conclusion:

I want to conclude with a few thoughts on “when you should NOT be content.”

1. A true Christian is a wonder. He is the most contented and yet the least satisfied.
2. How is it that some of you are doing nothing?
 - a. Look around...look in the mirror...can we say we believe this verse in light of what we do?
 - b. We can quote, “I can do all things through Christ.” But actions speak louder than words.
3. *Be resolved that you will do something for Christ and you will do it! But do not go drivilling through this world saying, I was born little. Of course you were, but were you meant to be little and with the feebleness of a child all your days do little or nothing? Think so, and you will be little as long as you live and you will die little and never achieve anything great.*
Spurgeon

If you are lost!!

If a man is in debt, body and soul, in fear every hour that he will be arrested and carried as a prisoner to hell—shall he now be content? Here I preach against contentment. Oh, get out of this condition! I would hasten you out of it as the angel hastened Lot out of Sodom!

Home Group Discussion Questions

1. Take some time to review the sermon notes from Sunday.
2. Was there anything from this sermon that was difficult to understand or that didn't make sense to you? Discuss it with the group.
3. What do you believe was the most impactful part of the sermon Sunday? Discuss.
4. How do you plan to apply some portion of what you learned to your life? For example, "In response to this sermon, I will _____"