

# The Courage to Learn Contentment

"Give a man everything he desires and yet at this very moment he will feel that everything is not everything." -Philosopher Immanuel Kant

"Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

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

13 I can do all things through him who strengthens me." (Phil. 4:4-13)

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(Phil. 4:11-12)

Contentment is learned.

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Contentment comes from finding your sufficiency in Christ.

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Steps to learning contentment:

1. Rejoice in the Lord.

2. Let your gentleness be evident.

3. Do not be anxious.

4. Rather, pray.

5. God’s provision of peace.

6. Fill your mind.

7. Find mentors.

When we focus on the sufficiency of Christ in our lives, we begin to find contentment in our circumstances.

But, we also develop a holy discontent with the world around us.

"The man who keeps busy helping the man below him won't have time to envy the man above him." -Henrietta Mears