

To Live Is Christ

Week 6: Contentment
Philippians 4:10-20

Senior Teaching Pastor Jim Supp - Reston Bible Church - March 17rd, 2024



For to Me to Live is Christ...

Philippians 1:21 ESV



Contentment



Tagline: Contentment must be Learned & is
Fueled by God's Power & Founded on God's
Provision.

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. Yet it was kind of you to share my trouble. 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. Even in Thessalonica you sent me help for my needs once and again. Not that I seek the gift, but I seek the fruit that increases to your credit.

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. And my God will supply every need of yours according to his riches in glory in Christ Jesus. To our God and Father be glory forever and ever. Amen.

Philippians 4:10-20 ESV

The background is a dark, abstract composition of teal and green hues, with a subtle crosshair or plus sign visible in the upper left quadrant.

Content: satisfaction with things as they are. Independent, needing nothing from the outside.

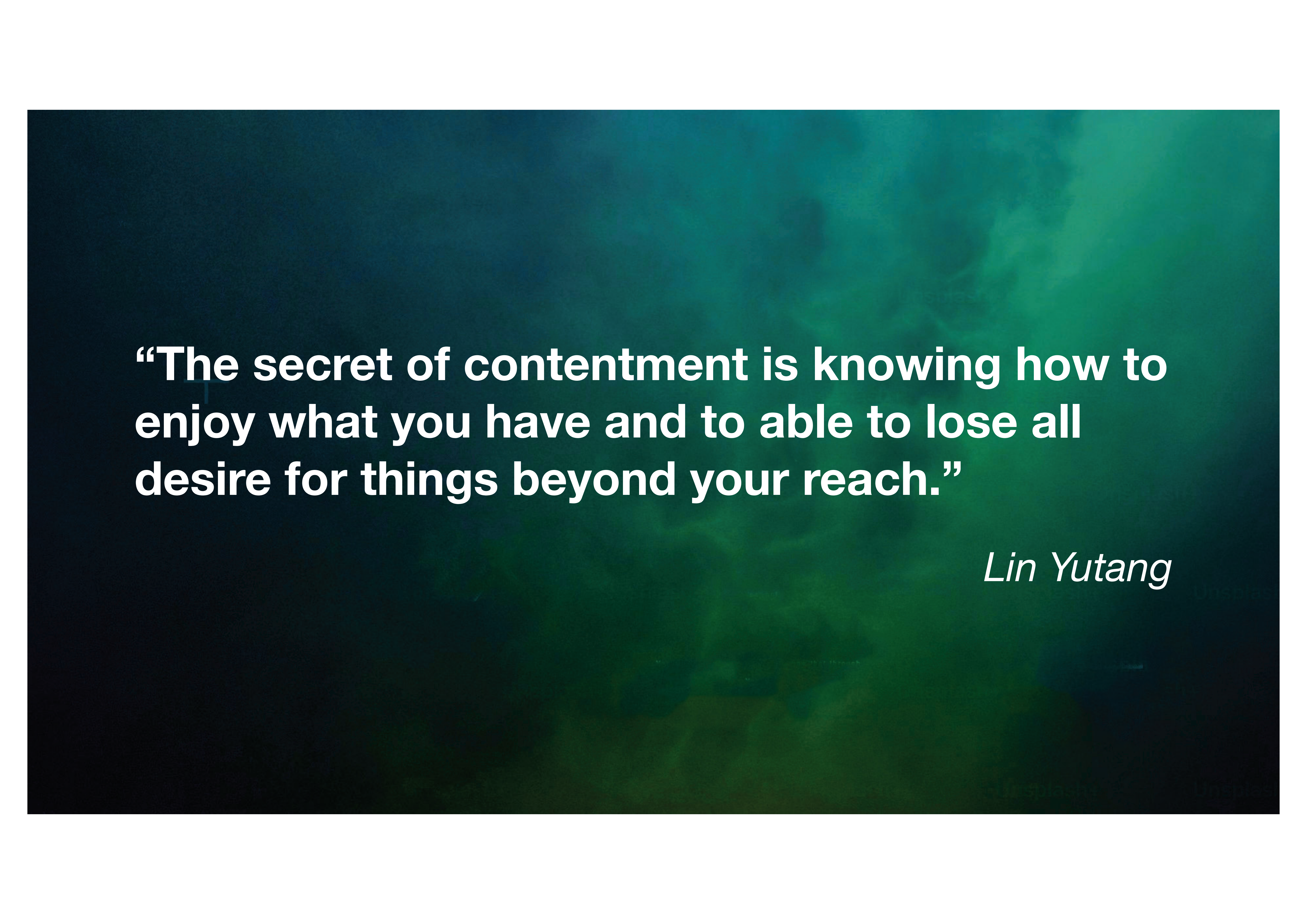


Contentment is wanting what you
already have.



Lin Yutang

Chinese inventor, linguist, novelist, philosopher, and translator
b.1895 - d.1976

The background is a dark, abstract composition of green and blue hues, with a subtle, ethereal glow. A faint, dark silhouette of a person is visible in the upper right quadrant, adding a sense of mystery and depth to the overall aesthetic.

**“The secret of contentment is knowing how to
enjoy what you have and to be able to lose all
desire for things beyond your reach.”**

Lin Yutang

1. Learned Over time

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

Philippians 4:11b ESV

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.

Philippians 4:12 ESV



+
Learned: to gain knowledge or skill by
study, practice & experience.

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.

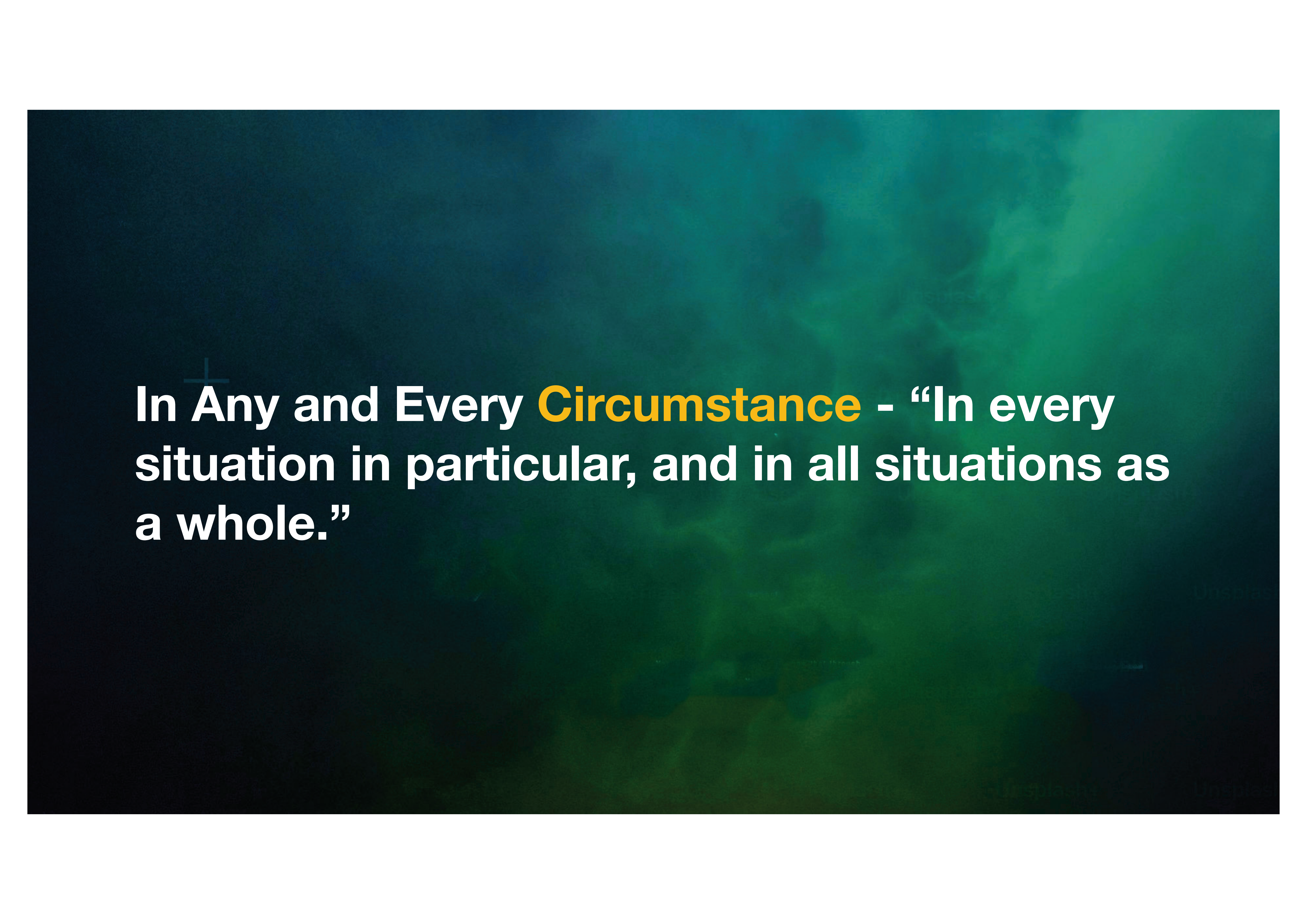
Philippians 4:12 ESV

Brought Low - humble - to be in a lower condition of life.



And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

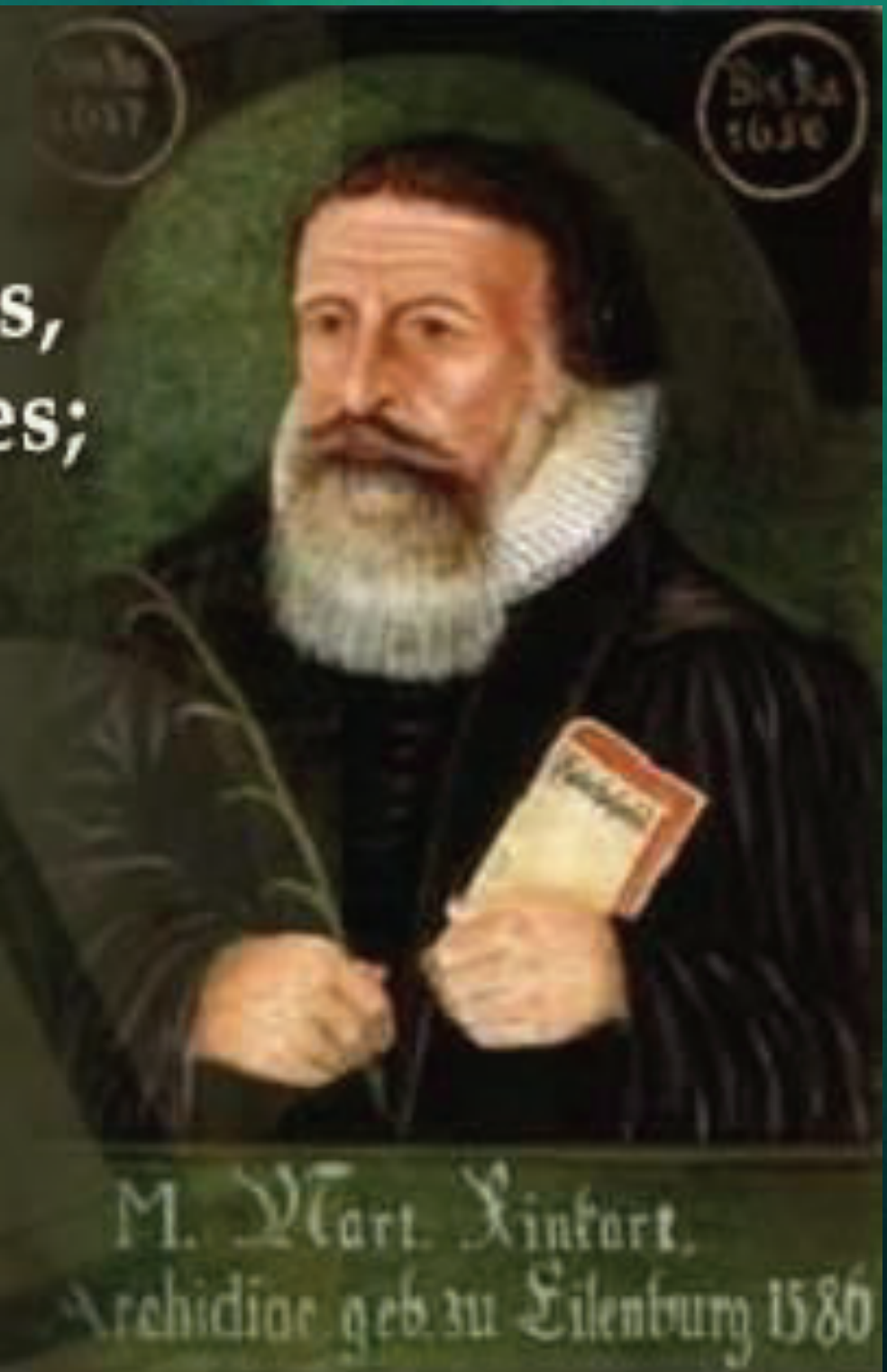
Philippians 2:8 ESV

The background is a dark, abstract composition of green and blue hues, with a subtle, ethereal skull-like shape visible in the upper right quadrant. The text is overlaid on the left side of the image.

In Any and Every **Circumstance** - “In every situation in particular, and in all situations as a whole.”

Now thank we all our God, with heart and hands and voices,
Who wondrous things has done, in Whom this world rejoices;
Who from our mothers' arms has blessed us on our way
With countless gifts of love, and still is ours today.

Martin Rinkhart
(1586-1649)



Martin Rinkart

*German Lutheran clergyman (Pastor) and hymnist
b.1586 - d.1649*

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Martin Rinkart

2. Fueled By God's Power



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

Philippians 4:13 ESV



**All things, I have power, through, the,
strengthens me.**



Can do all things – have power; to be able

**For we do not want you to be unaware,
brothers, of the affliction we experienced in
Asia. For we were so utterly burdened beyond
our strength that we despaired of life itself.**

2 Corinthians 1:8 ESV

Through Him – in, with, in union with.

Strengthening – to make able.

The background is a dark, abstract composition of teal and green hues, with a subtle, ethereal glow. A faint, dark silhouette of a human skull is visible in the upper right quadrant, adding a mysterious or spiritual undertone to the image.

**“It requires my active pursuit of the means
of grace for me to experience this
supernatural power in my life.”**

Lawson



Dr. Herbert C Jackson

The background is a dark, abstract composition of teal and green hues, with a subtle, ethereal glow. A faint, dark silhouette of a human skull is visible in the upper right quadrant, adding a mysterious or somber tone to the image.

The power was there all along, only a loose connection kept Jackson from putting the power to work.

...that I may know Him and the **power** of
His resurrection...

Philippians 3:10 ESV

3. Founded on God's Provision



Yet it was kind of you to share my trouble. 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. Even in Thessalonica you sent me help for my needs once and again.

Not that I seek the gift, but I seek the fruit that increases to your credit. 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.

Philippians 4:14-18 ESV

3. Founded on God's Provision

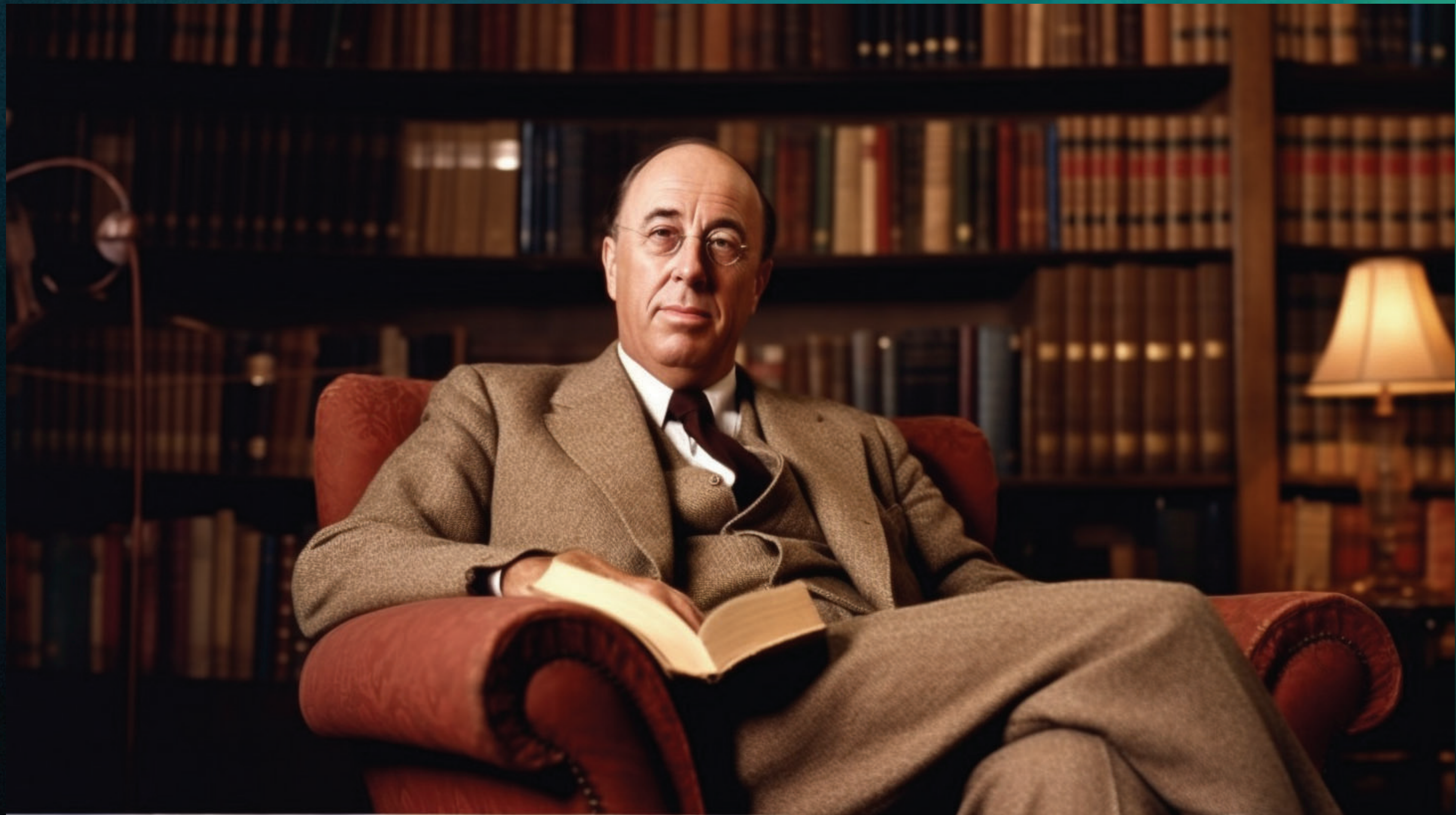
And my **God will supply every need** of yours according to his riches in glory in Christ Jesus.

Philippians 4:19 ESV

Needs: that which is necessary

Therefore do not be **anxious**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

Matthew 6:31-33 ESV



CLIVE STAPLES LEWIS
Scholar, Theologian & Writer
b.1898 - d.1963
(rendering)

If there lurks in most modern minds the notion that to desire our own good and earnestly to hope for the enjoyment of it is a bad thing, I submit that this notion has crept in from Kant and the Stoics and is no part of the Christian faith. Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires, not too strong, but too weak.

We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered to us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.

CS Lewis



TO LIVE IS *Christ*

X *A Study Through Philippians*

+ *Yes, and I will rejoice, 19 for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, 20 as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. 21 For to me to live is Christ, and to die is gain.*

The background is a dark, abstract composition of green and blue hues, resembling a textured or cloudy surface. A faint, light blue cross icon is positioned above the word "Biblical" in the text.

Biblical contentment allows us to have an
“enough” approach, to pursue improvement
without developing a “more” approach.



To Me to Live is Christ!

The background is a dark, abstract composition of teal and green hues, with a subtle, glowing cross symbol visible in the upper left quadrant.

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