

Date: January 4, 2026

Series: Philippians: Triumphant, Tenacious, Battle-Tested JOY!

Title: "Contentment: Lessons Learned in Every Circumstance"

Text: Philippians 4:10-14



Introduction: Paul teaches us that contentment isn't about the absence of trouble or abundance of possessions, but the _____ of a specific kind of power.

1. Contentment is not a _____ of life's troubles and suffering. (v.10-11, 14)

- **Scripture:** 2 Corinthians 4:8–9; John 16:33; Ecclesiastes 5:10; Jeremiah 2:13
- The world is infinitely _____ in thinking that contentment lies in having more than we already have or less suffering than we are currently experiencing.

2. Contentment is _____ in the lab of "every circumstance." (v. 12-13)

"Contentment is the inward, quiet, gracious frame of spirit, freely submitting to and taking pleasure in God's disposal in every condition." (Jeremiah Burroughs)

Scripture: Psalm 16:5-6; 2 Corinthians 12:9-10; Habakkuk 3:17-18

3. Contentment finds its _____ and glory in Christ. (v. 13)

Scripture: Psalms 73:25

Conclusion: Contentment is not getting what you want; it is wanting what you _____
_____ in Christ.

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- **"The Rare Jewel of Christian Contentment,"** Jeremiah Burroughs (Puritan Paperbacks), Banner of Truth Trust, 2022

Questions for Consideration & Application:

1. If you were to finish the sentence, "*I would be fully content if only...*", what might your honest answer be? How has that specific "if only" influenced your joy lately?
2. How can we distinguish between a healthy desire to improve our circumstances (like seeking a better job or health) and a discontented heart that refuses to trust God's current "boundary lines"?
3. Can you share a time when a difficult situation didn't change, but your *heart* toward it did? What did God provide in that moment that made the difference?
4. Looking back at your own "lows" and "abundances," what is one specific lesson God has taught you about His character that you couldn't have learned in a more comfortable season?
5. Jeremiah Burroughs suggests that a contented person is actually the most "dissatisfied" person because worldly things no longer satisfy them. How does "upgrading" your appetite to God Himself change the way you view possessions, circumstances, social media, or relationships?
6. Christ is both our Anchor and our Satisfaction. Which of these two roles do you need to lean into most right now? Is your heart currently drifting in a storm, or is it restless and "hungry" for something other than Christ?
7. Philippians 2 suggests that Christians stand out like stars in the universe when they live without grumbling or complaining. In your workplace, family, or social circles, how might a spirit of "quiet, gracious contentment" serve as a witness to those who are exhausted by the "quest for more"?