

### I CAN BE CONTENT.

Philippians 4:10-13

*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. <sup>11</sup> Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. <sup>12</sup> 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. <sup>13</sup> I can do all things through him who strengthens me.*

#### Learning contentment

- Readjust your expectations of other people – 4:11 *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.*

- We are free from resentment only when Jesus Christ is the source of our contentment.

“Turns out resentment is corrosive, and I hate it.” - Iron Man, *Avengers: Endgame*

- Learn dependence upon God so that you can be independent from the world.<sup>1</sup>

- Learn in every circumstance – 4:11 *Not that I am speaking of being in need, for I have learned in whatever situation I am to be content.*

Q: What can we learn?

1) How to survive rock bottom – 4:12a *I know how to be brought low,*

2 Corinthians 11:24-30

*Five times I received at the hands of the Jews the forty lashes less one. <sup>25</sup> 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; <sup>26</sup> 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; <sup>27</sup> in toil and hardship, through many a sleepless night, in hunger and thirst, often without food, in cold and exposure. <sup>28</sup> And, apart from other things, there is the daily pressure on me of my anxiety for all the churches. <sup>29</sup> Who is weak, and I am not weak? Who is made to fall, and I am not indignant? <sup>30</sup> If I must boast, I will boast of the things that show my weakness.*

2) How to survive prosperity – 4:12b *and I know how to abound. I have learned the secret of facing plenty and hunger, abundance and need.*

“All the goods of life united would not make a very happy man” – David Hume<sup>2</sup>

2 Chronicles 26:16

*But when he was strong, he grew proud, to his destruction. For he was unfaithful to the LORD his God and entered the temple of the LORD to burn incense on the altar of incense.*

3) The secret of contentment: I can be content in any circumstance – 4:13  
*I can do all things through him who strengthens me.*

John 16:33

*I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.*

1 John 5:4-5

*For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. <sup>5</sup> Who is it that overcomes the world except the one who believes that Jesus is the Son of God?*

*Things Christians should not do in a pandemic:*

1. Tell everyone it's too late!
2. Tell everyone it's not a big deal!
3. Act like experts.
4. Make everything about politics.

*Things Christians can do:*

1. Pray.
2. Trust God.
3. Show compassion.
4. Give thanks in all circumstances.<sup>3</sup>

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<sup>1</sup> What is the difference between Stoic and Christian self-sufficiency? Findlay makes the following comparison (Christian Doctrine, cited by Jones, 73). “The self-sufficiency of the Christian is relative: an independence of the world through dependence upon God. The Stoic self-sufficiency pretends to be absolute. One is the contentment of faith, the other of pride. Cato and Paul both stand erect and fearless before a persecuting world: one with a look of rigid, defiant scorn, the other with a face now lighted up with unutterable joy in God.” Gerald F. Hawthorne, *Philippians: Word Biblical Commentary* Vol. 43 (Grand Rapids: Zondervan Academic, 2018), 264.

<sup>2</sup> Louis Pojman & Michael Rea eds., David Hume, “The Argument from Evil,” *Philosophy of Religion: An Anthology* (Boston: Wadsworth Cengage Learning, 2011), 281.

<sup>3</sup> Kevin DeYoung, *Twitter*.