

THE ELUSIVE PURSUIT OF CONTENTMENT

Philippians 4.10-13

CONTENTMENT

This section of Scripture has a verse that is used out of context possibly more than any other verse in the bible. Paul tells the Philippians, "I can do all things through Him who strengthens me." While this is most often used as a "power of positive thinking" type of dig deep, reach down inside and pull out an improbable victory in life type of a self-muttering, it is actually about something far more important and powerful: contentment.

Paul is thanking the church for their desire to be generous towards him, but he wants to be clear that in his thanks he is not wanting them to think that he was silently complaining or expressing neediness. He had already learned the secret of contentment.

HOW TO NOT FIND CONTENTMENT

2 Corinthians 12.8-10 // 1 Timothy 6.6-8

Contentment is the direct fruit of having no higher ambition than to belong to the Lord at His disposal.

-Sinclair Ferguson (Scottish Pastor and Theologian)

Christian contentment is that sweet, inward, quiet, gracious frame of spirit, which freely submits to and delights in God's wise and fatherly disposal in every condition.

-Jeremiah Burroughs (17th Century Puritan)

THE SECRET TO CONTENTMENT

Three Things that Discontentment Reveals:

1. Lack of Thankfulness
2. Arrogance
3. Greed and Lust (**Hebrews 13.5, 6**)

The secret to battling discontentment is found in **Philippians 4.13**: "I can do all things through him who strengthens me." What "all things" is Paul talking about? He is speaking about contentment. But this contentment must come from the strength of God.

Faith, like anything good, is a gift of God.

Lacking faith and having no strength is an opportunity for us to glory in Christ. To depend on Him, to be reminded that we are not Him, but that He is a gracious God who takes care of us. It cause us to marvel at Him even more, that *even* when we are faithless, He remains faithful, and then He *gives us* the faith we need.

When You are Discontent, Do These Five Things:

1. **Stop:** Stop complaining, stop surfing the web, stop thinking of what you don't have.
2. **Look:** What are you looking at? What are you beholding? Name the prize you're after.
3. **Think:** Where did you get off track? Where has your mind and heart gone astray?
4. **Confess:** Speak to God, admit that you have believed a lie.
5. **Thank:** Thank Him for the Good News of Jesus, His mercy, love, and care.

NOTES:

Upcoming Sermons:

October 31st is called "Reformation Day," and this year marks the 499th anniversary of the Reformation, where grace was put on the front burner of the church. So next week we will take a one week break from Philippians as we take a concerted, deep look at grace.

This Week's Scripture to Memorize:

Colossians 1:13-14

¹³He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, ¹⁴in whom we have redemption, the forgiveness of sins.

Will You Pray With Us?

Follow along with our daily prayer requests by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **2 Year Bible Reading Plan**.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the green **Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our teammates in a **Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets at the end of service, give online at lifemissionchurch.com/blog/give or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at katie@lifemission.tv

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at casey@lifemission.tv.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

CONTACT US:

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[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

COMMUNITY GROUP HOMEWORK

Before your group starts, is there anyone who can share the Memory Verse?

Read **Philippians 4:10-13**. Take some time and discuss what God revealed to you through His Word and the sermon on Sunday? _____

Re-Read **1 Timothy 6:6-8** and then read **Isaiah 40:8**. Think about where you find contentment and share with the group. What happens to the things in this world in which we place our hope? _____

If we understand that being content is trusting God in all circumstances, that He knows what is best, why do our hearts continue to seek after temporary things for temporary satisfaction or relief? What needs to happen? Read **Romans 12:2**. _____

What are some ways we can grow in our contentment? Read **Colossians 3:1-2**. How can we as a church body help one another be content in all circumstances? Read **Hebrews 3:13**. _____

It is interesting that the enemy has great way of convincing us to expect more from God, like He's holding something back from you. Think about Adam and Eve in the Garden. When discontentment exists, sin lies close at hand. What are specific ways you can think of where discontentment became an outward sin that affected you or others? What would you hope to do differently to avoid that in the future? _____

Of the three things that the sermon notes speak of that discontentment reveals, which do you see most clearly in yourself? _____

What promises of God do you need to personally have put into the forefront of your mind and heart more often in order to battle discontentment? _____

Read **Matthew 7:11** and **6:25-33**. How do these verses affect your contentment in the Lord? Spend some time prayer now praising, repenting, asking and yielding and let the Holy Spirit work in your hearts constantly reminding of His sovereignty and faithfulness. _____



Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.



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Philippians 4.10-13 // October 23, 2016

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025