

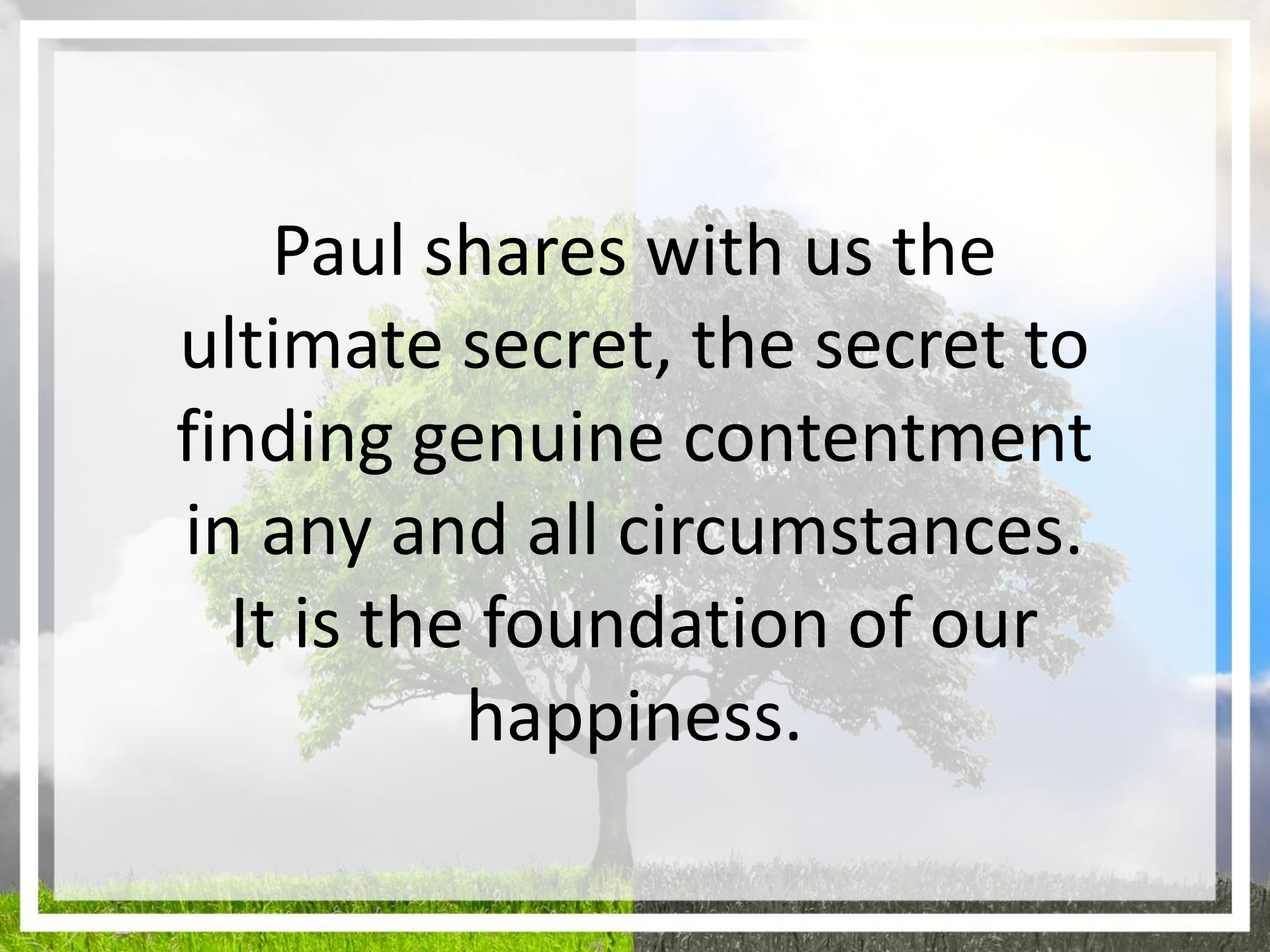
A large, leafy tree stands in a field under a blue sky with clouds. The tree is the central focus, with its branches spreading out. The background is a bright, slightly hazy sky. The foreground shows a green field. The entire image is framed by a white border.

The Secret of Being Content Always

February 4, 2018

Philippians 4:10-13

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.

A large, leafy tree stands in a field under a blue sky with light clouds. The tree is the central focus, with its branches spreading out. The background is a soft, hazy landscape with a green field in the foreground. The overall mood is peaceful and serene.

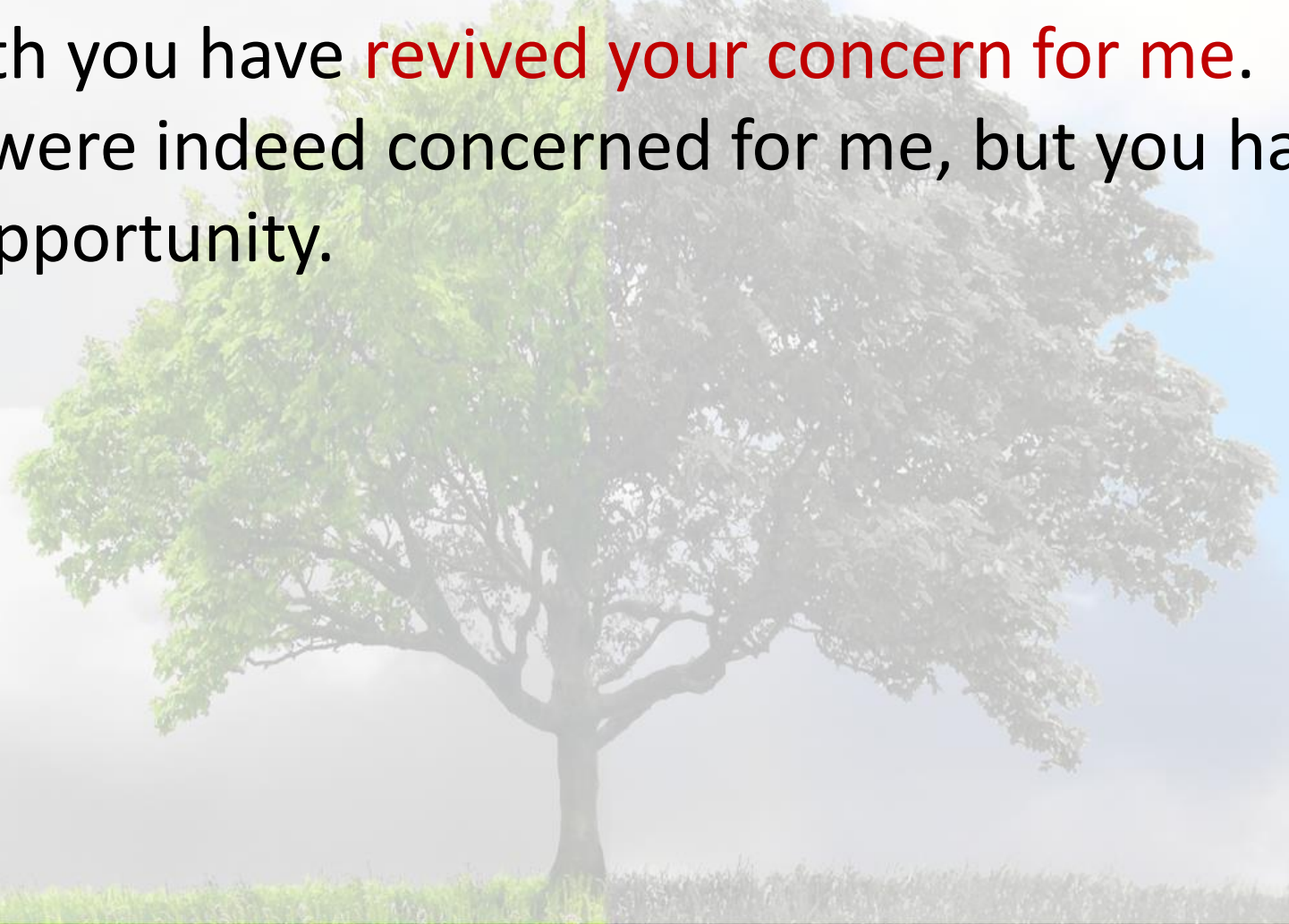
Paul shares with us the
ultimate secret, the secret to
finding genuine contentment
in any and all circumstances.
It is the foundation of our
happiness.

A thank you note



Philippians 4:10

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A thank you note



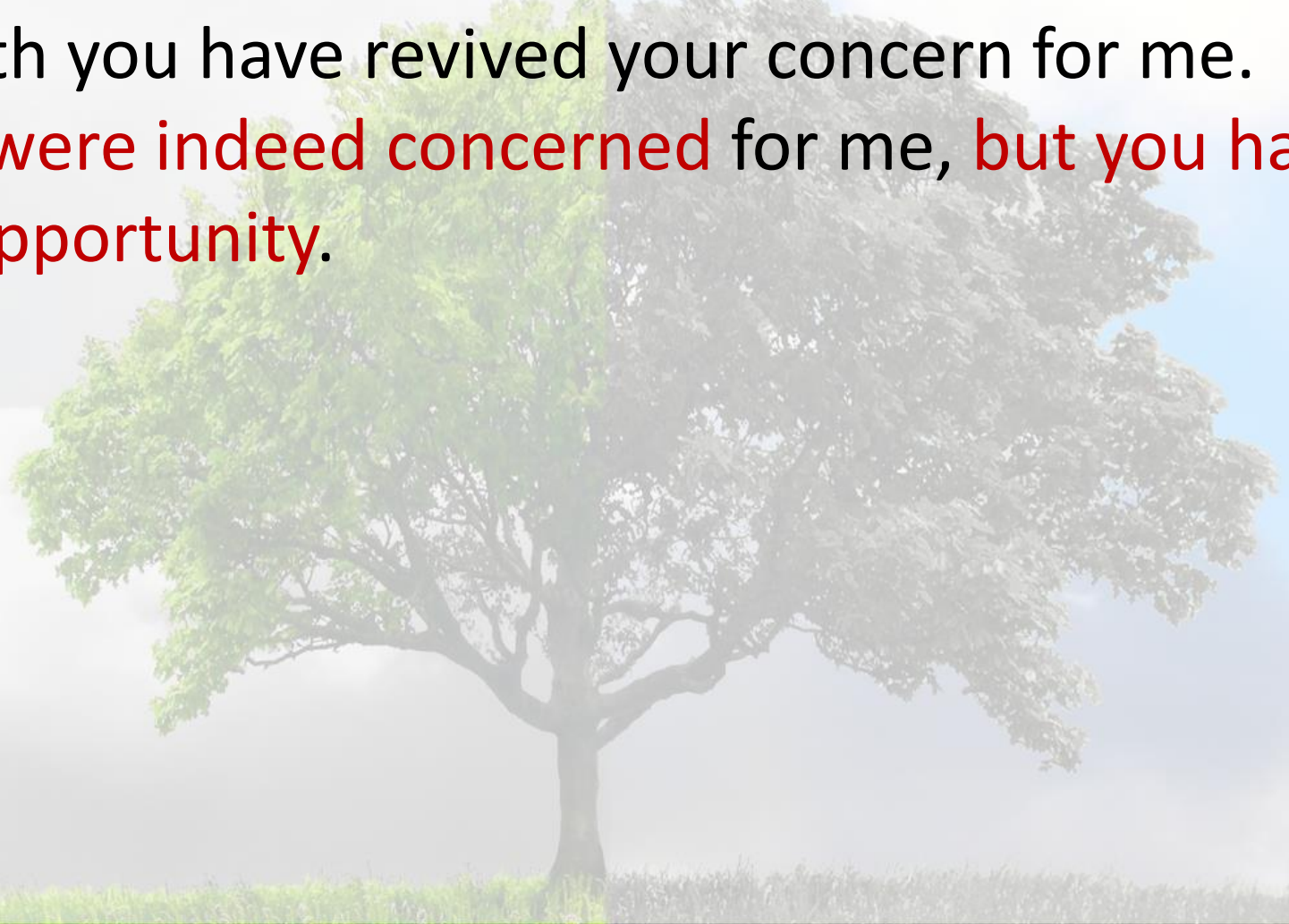
A thank you note, not asking for more...



Philippians 4:10

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You were indeed concerned for me, but you had no opportunity.



The secret to being content always:



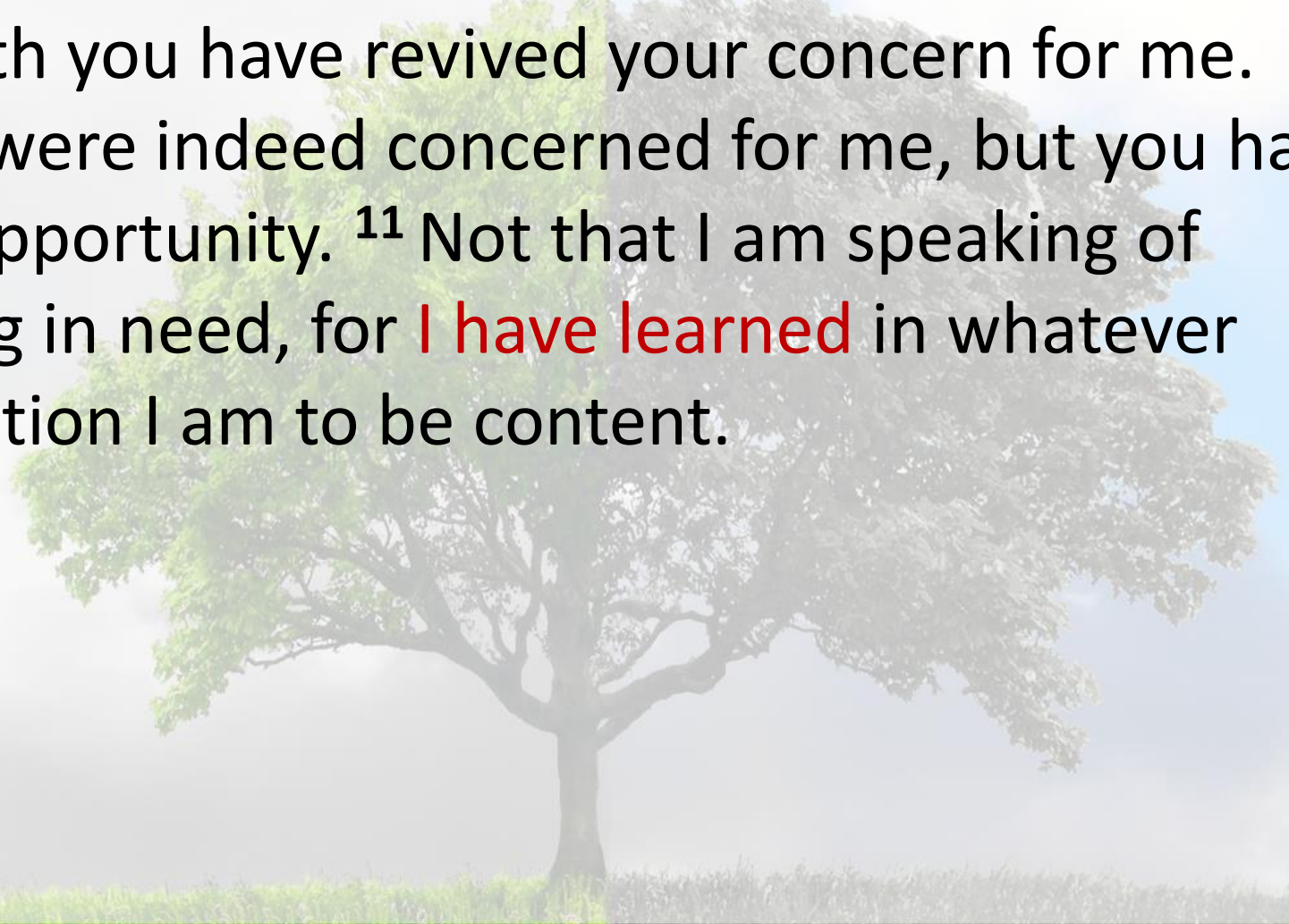
The secret to being content always:

- It is learned.



Philippians 4:10-11

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.



The secret to being content always:

- It is learned.



The secret to being content always:

- It is learned.
- It is learned in good and tough circumstances.



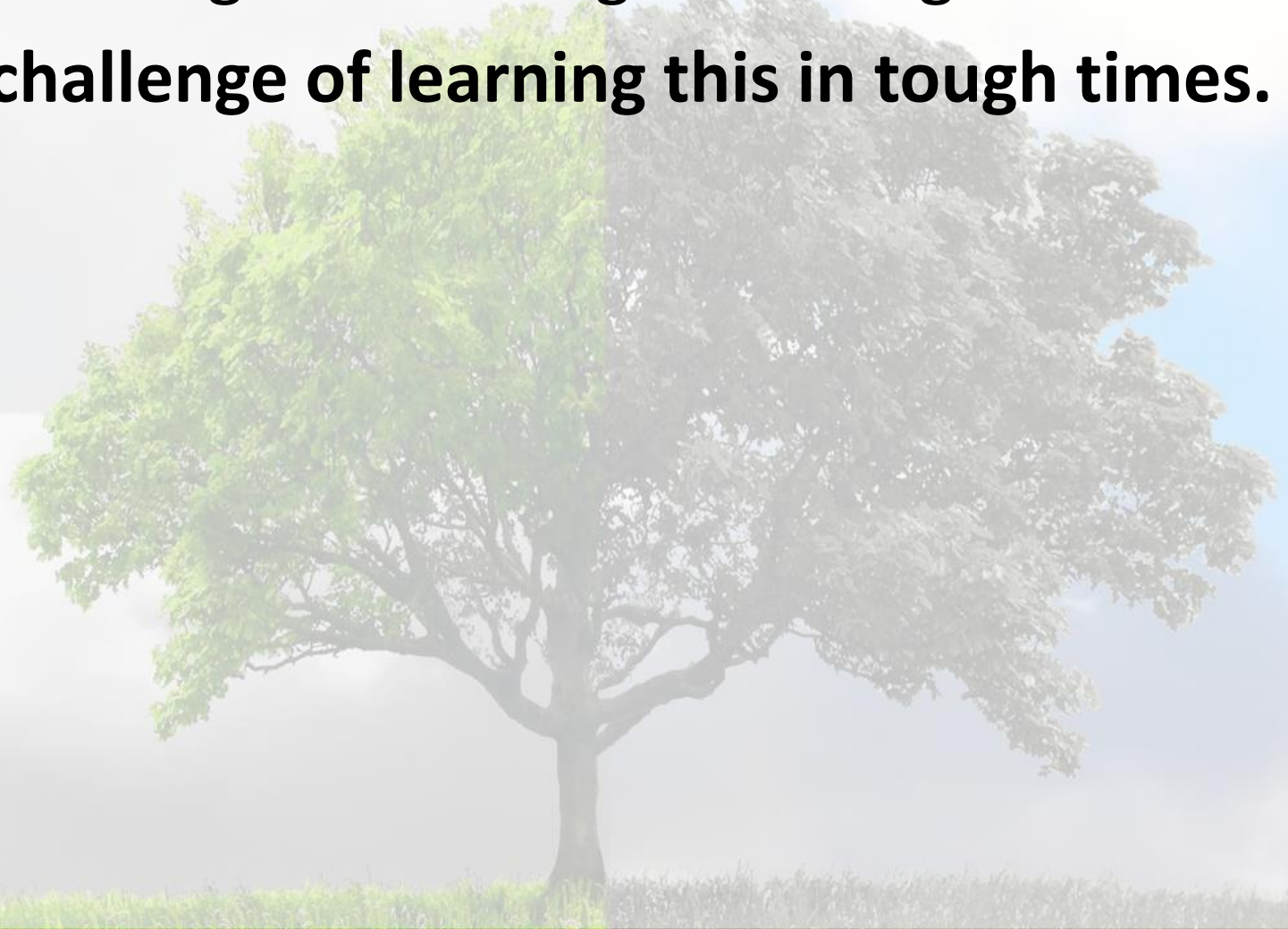
Philippians 4:10-12

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**.

The challenge of learning this is in good times.

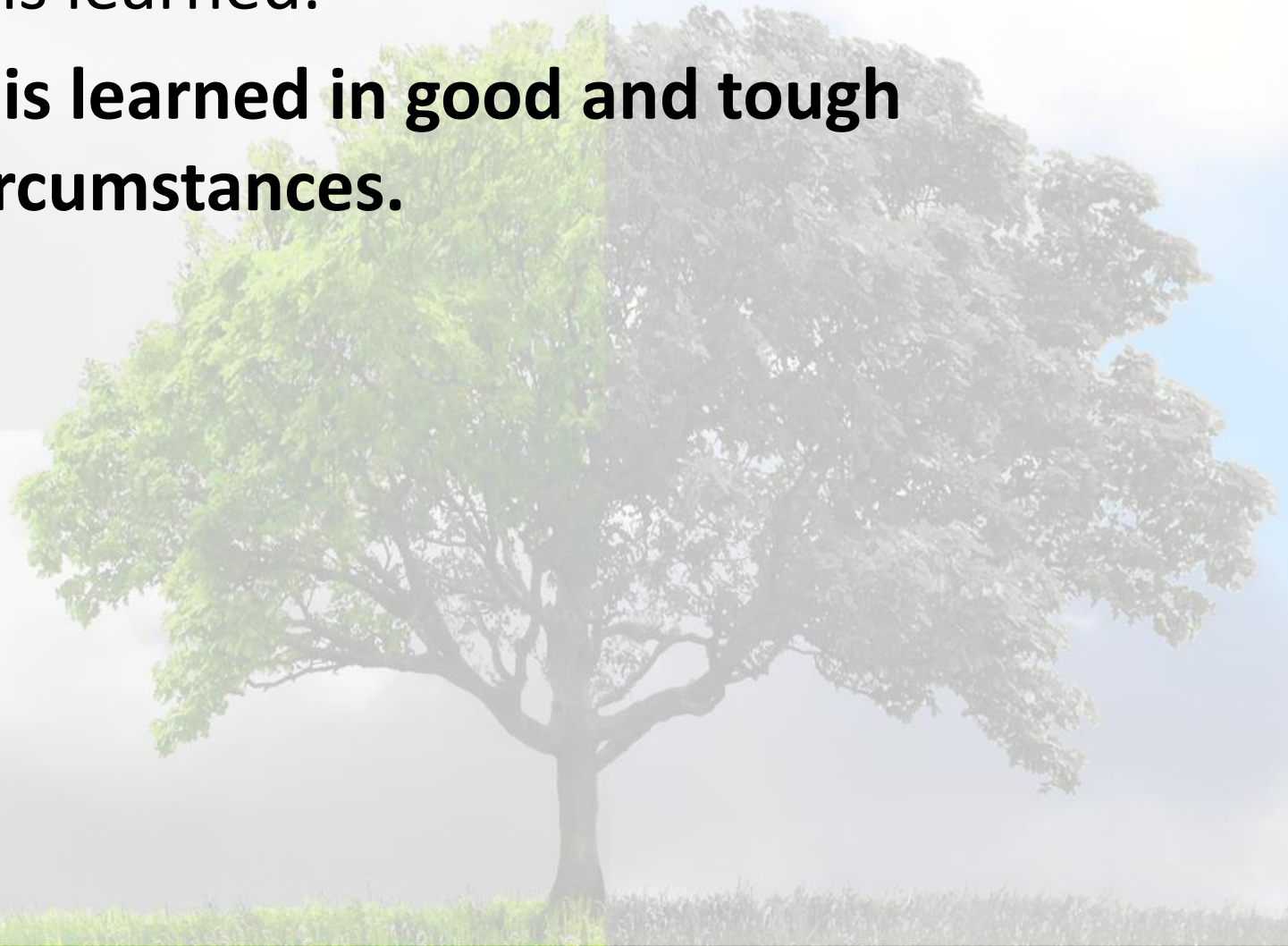


The challenge of learning this is in good times.
The challenge of learning this in tough times.



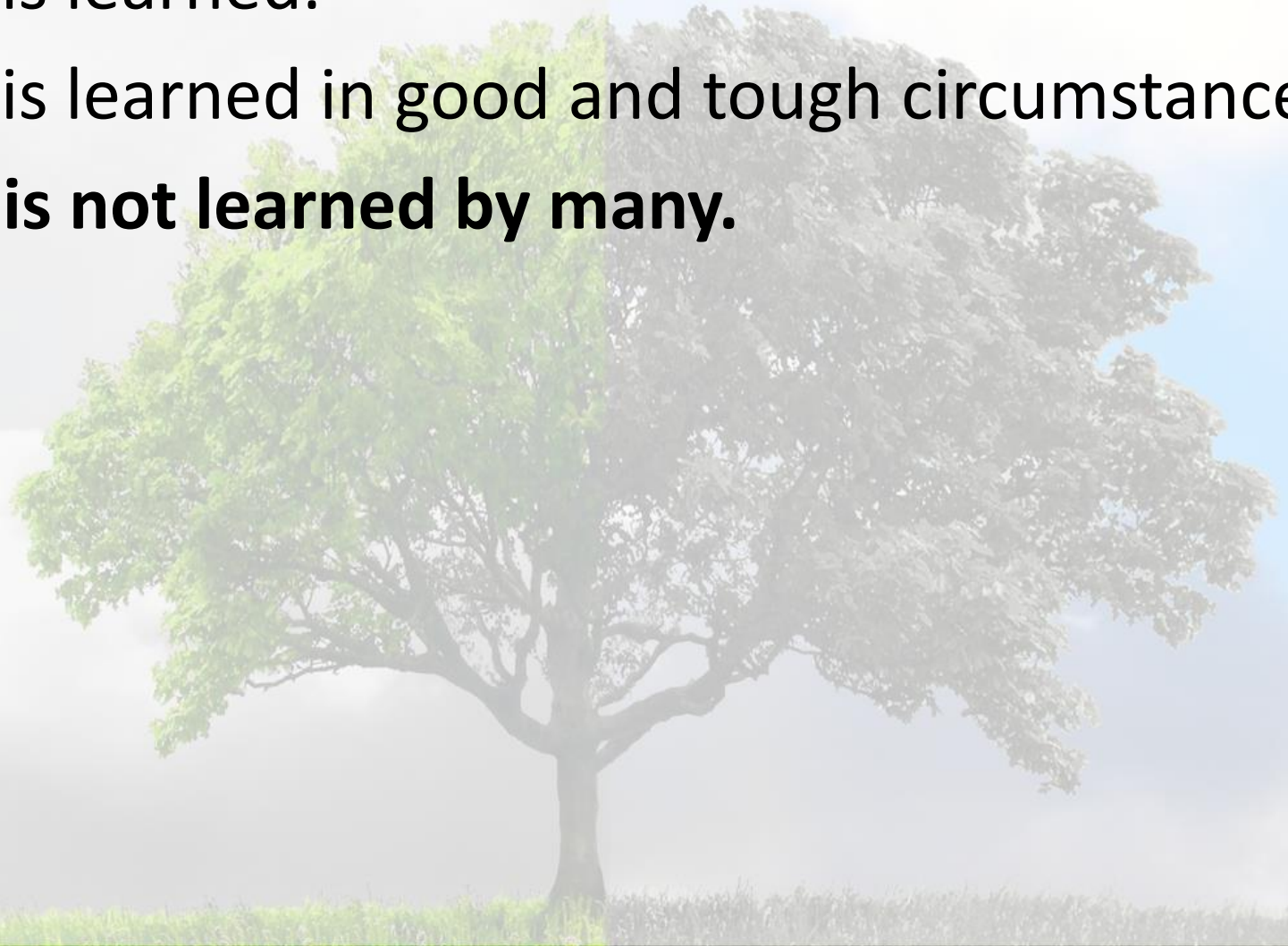
The secret to being content always:

- It is learned.
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The secret to being content always:

- It is learned.
- It is learned in good and tough circumstances.
- **It is not learned by many.**

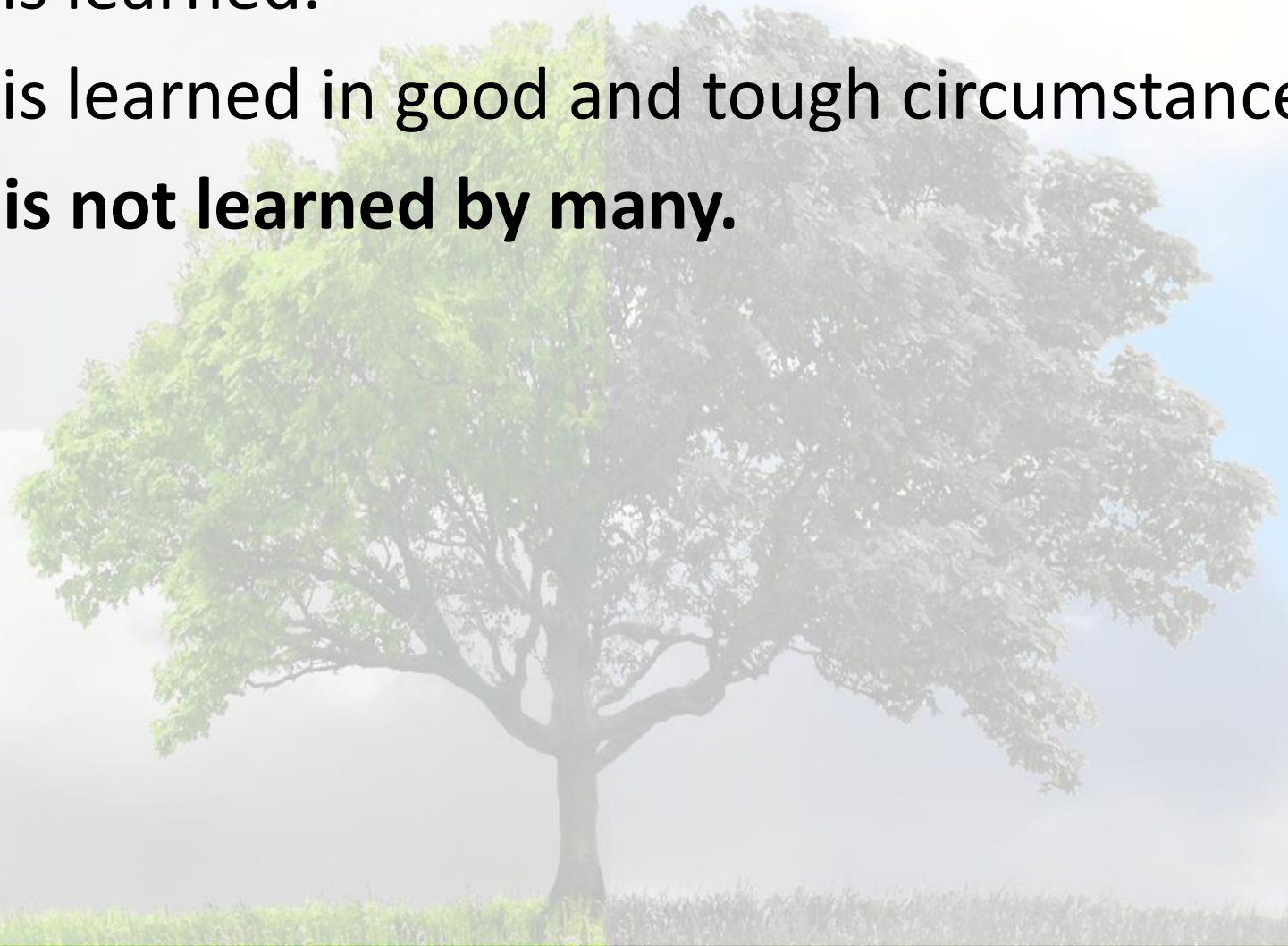


Philippians 4:10-12

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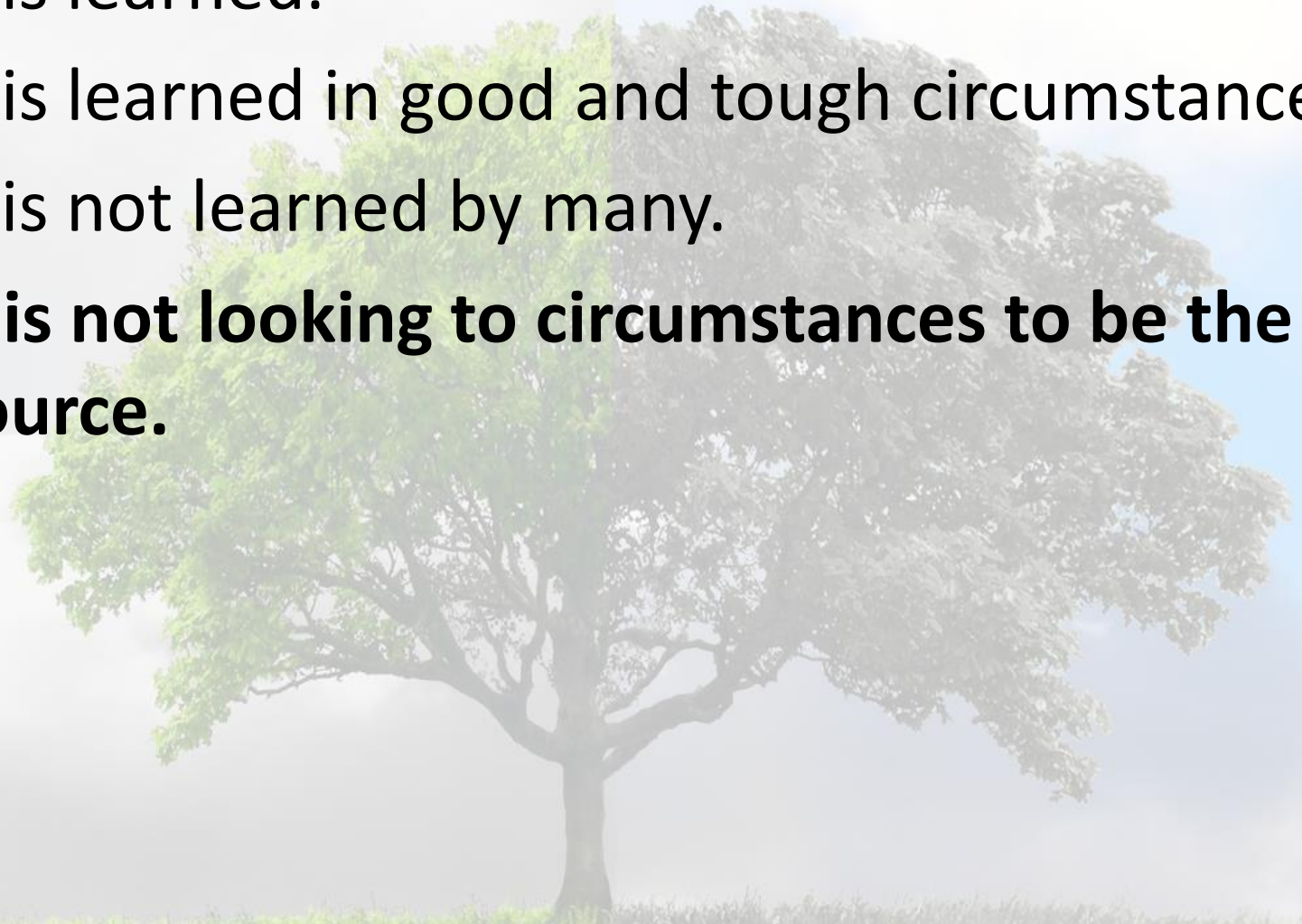
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The secret to being content always:

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- **It is not looking to circumstances to be the source.**



Philippians 4:10-12

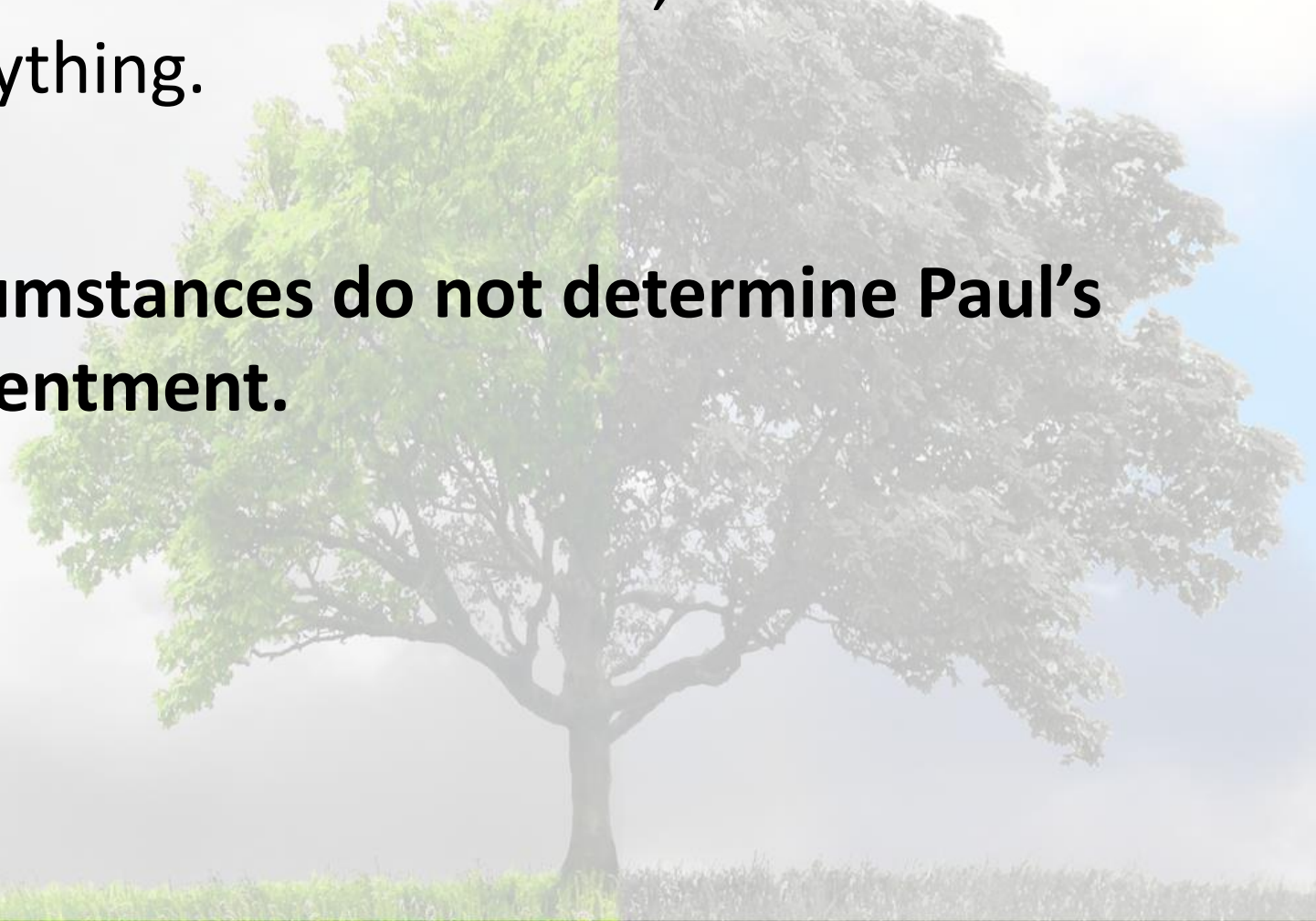
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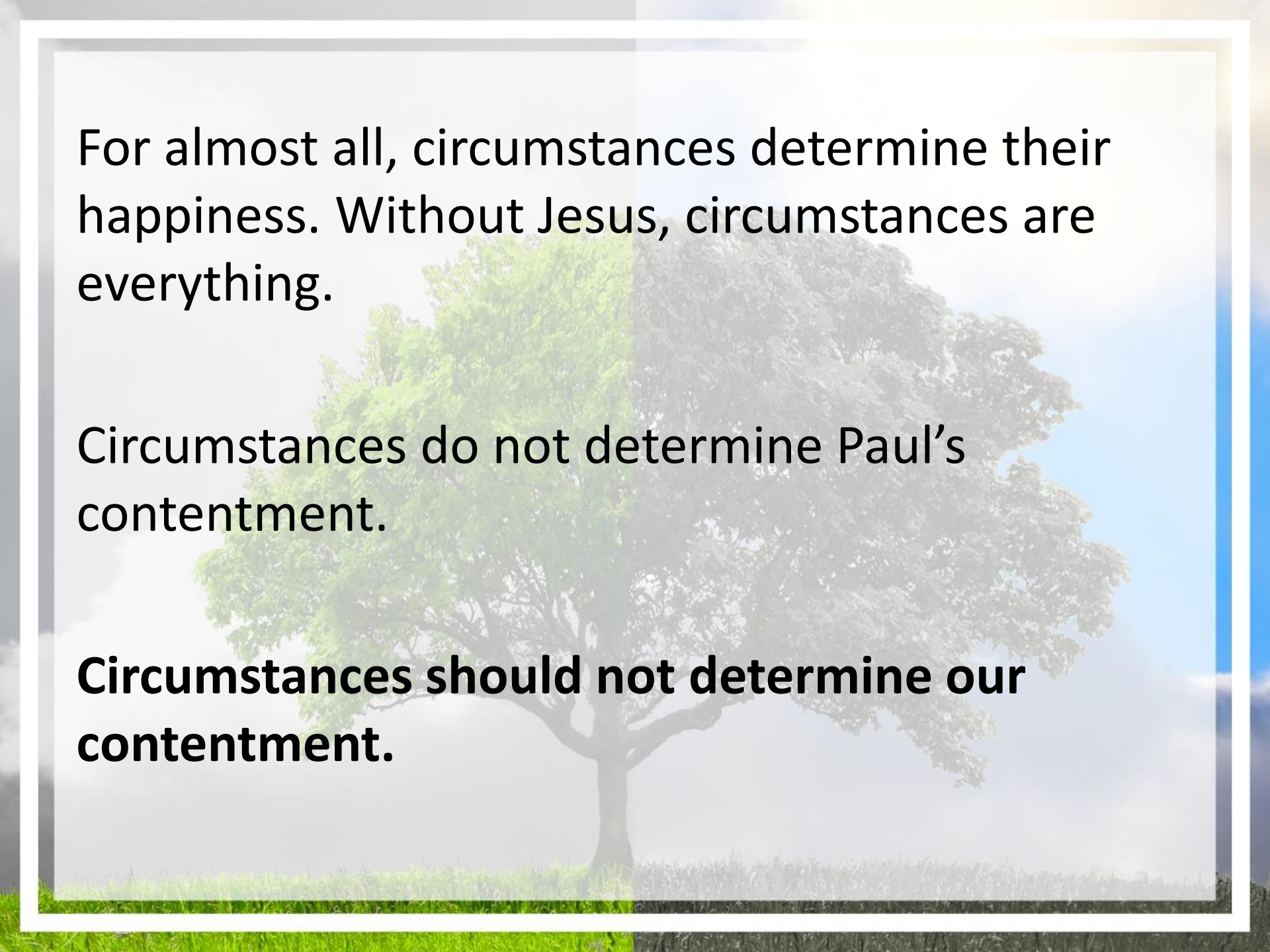
For almost all, circumstances determine their happiness. Without Jesus, circumstances are everything.



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Circumstances do not determine Paul's contentment.



A large, leafy tree stands in a field under a blue sky with light rays. The tree is the central focus, with its branches spreading out. The background is a bright, hazy sky with rays of light emanating from the top right corner. The foreground shows a green field.

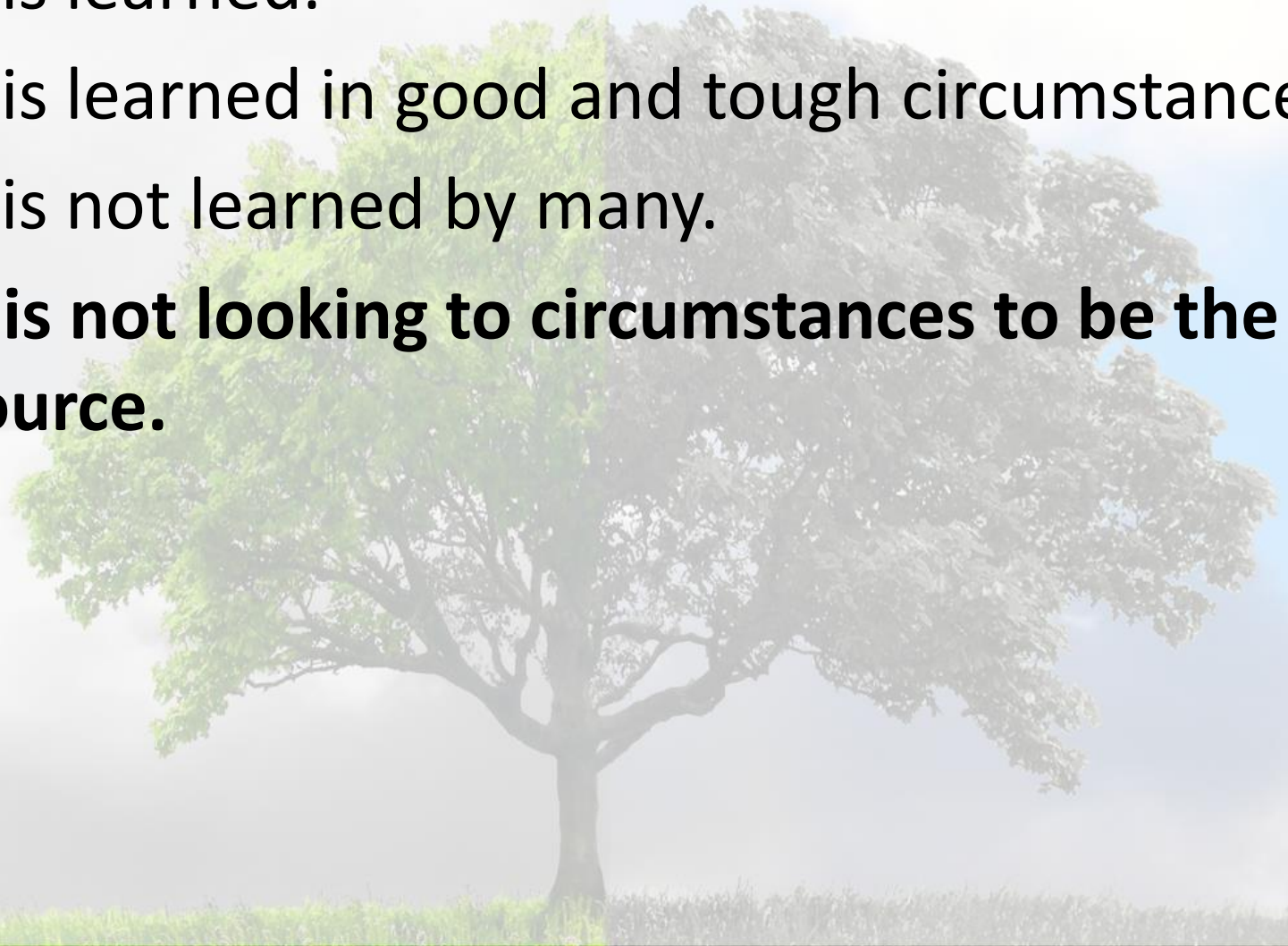
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Circumstances do not determine Paul's contentment.

Circumstances should not determine our contentment.

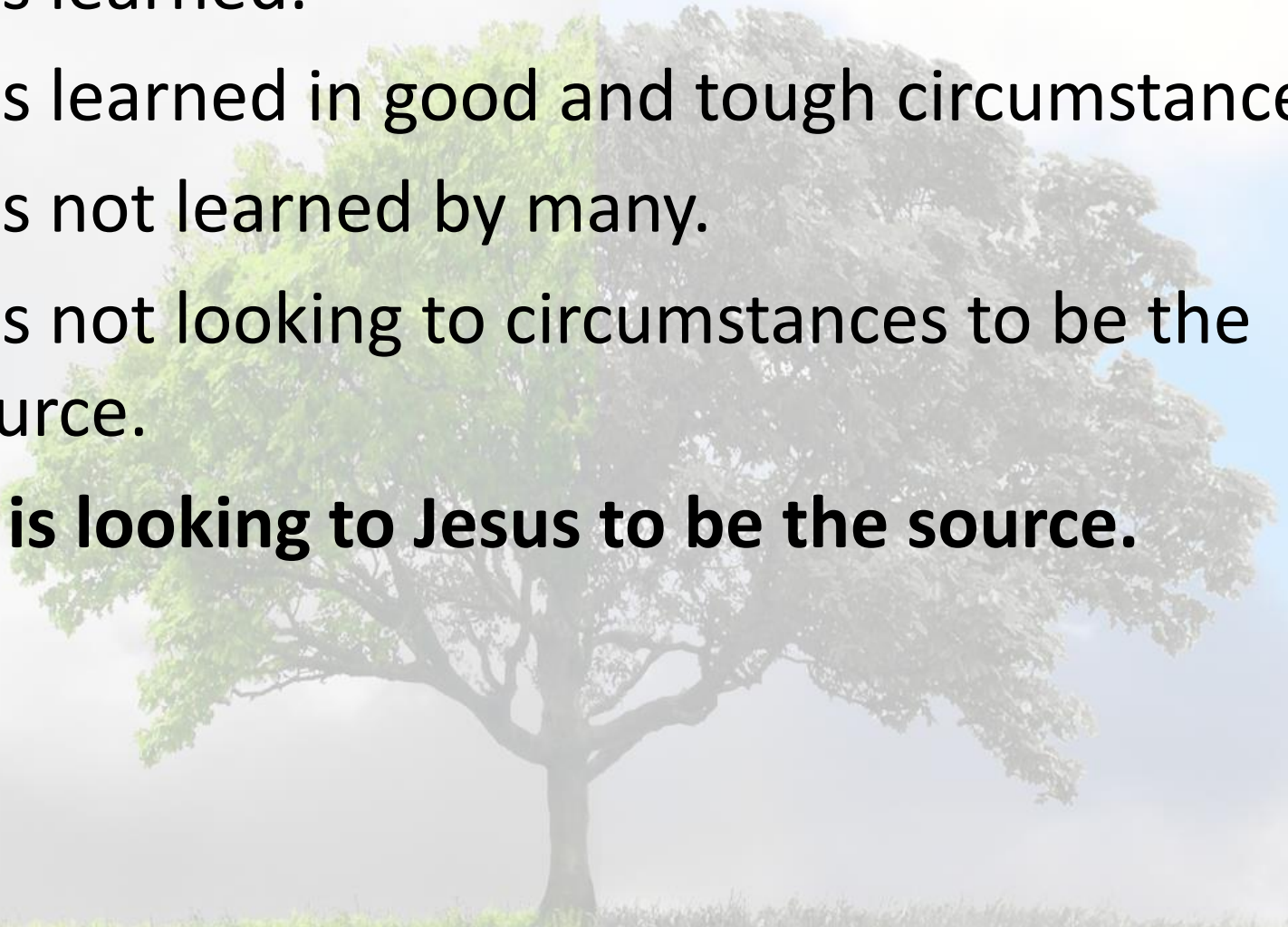
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- **It is looking to Jesus to be the source.**



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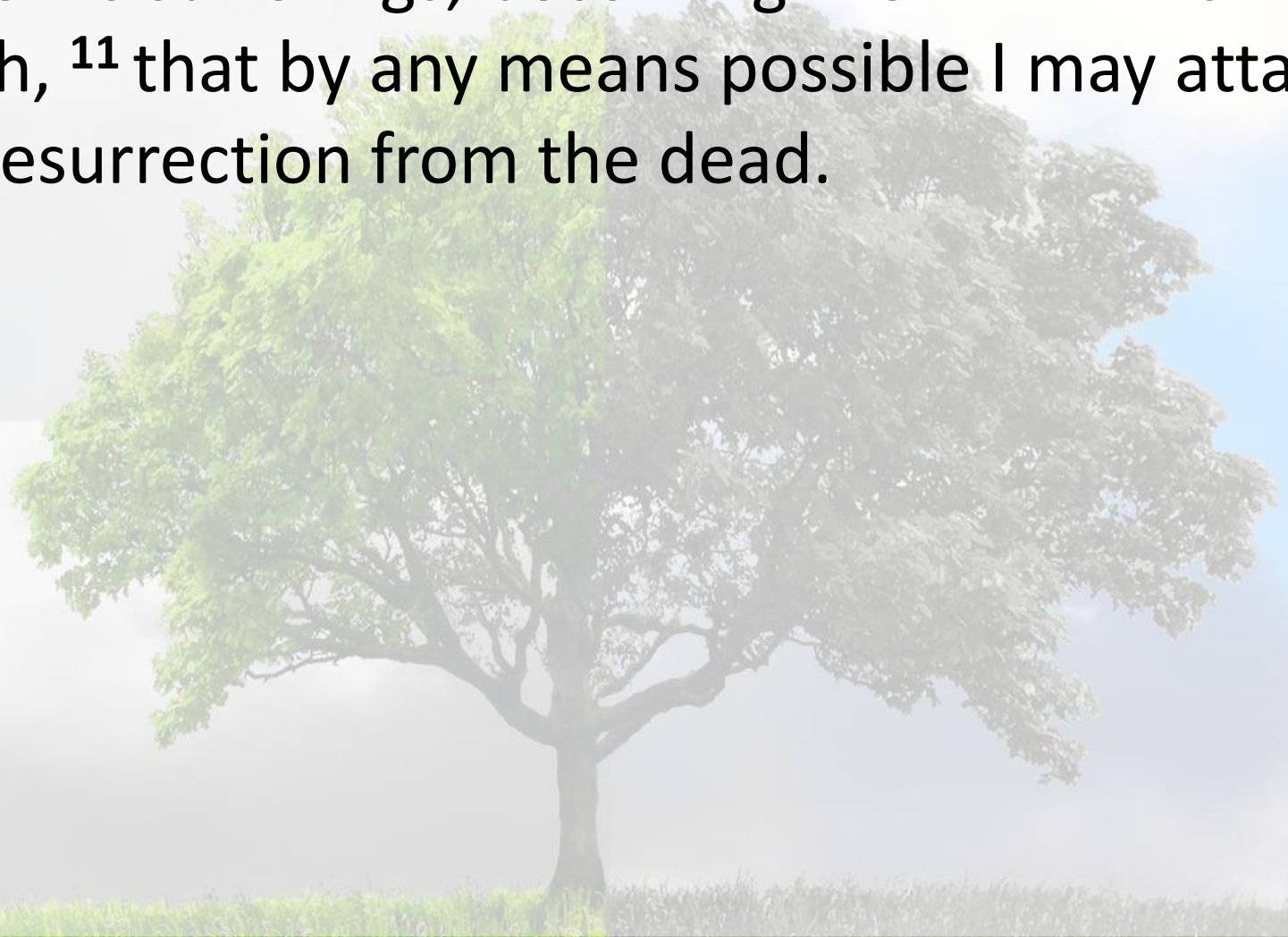
Discovering and experiencing the surpassing worth of Jesus.

Philippians 3:7-11

⁷ But whatever gain I had, I counted as loss for the sake of Christ. ⁸ Indeed, I count everything as loss because of the **surpassing worth of knowing Christ Jesus my Lord**. For his sake I have suffered the loss of all things and count them as rubbish, in order that **I may gain Christ** ⁹ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through **faith in Christ, the righteousness from God that depends on faith**— ¹⁰ that I may know him and the power of his resurrection, and may

Philippians 3:7-11

share his sufferings, becoming like him in his death, ¹¹ that by any means possible I may attain the resurrection from the dead.

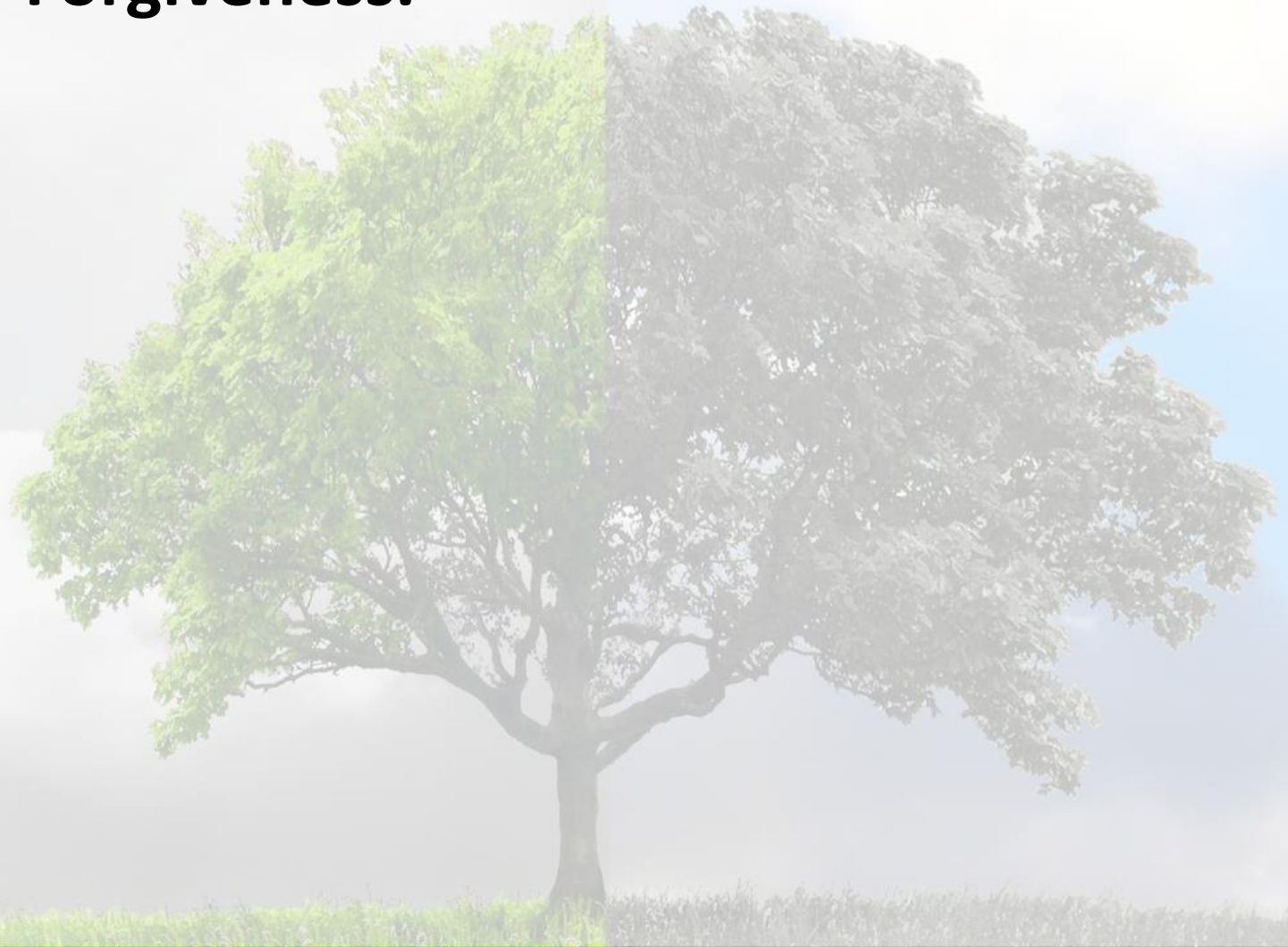


Surpassing worth of Jesus



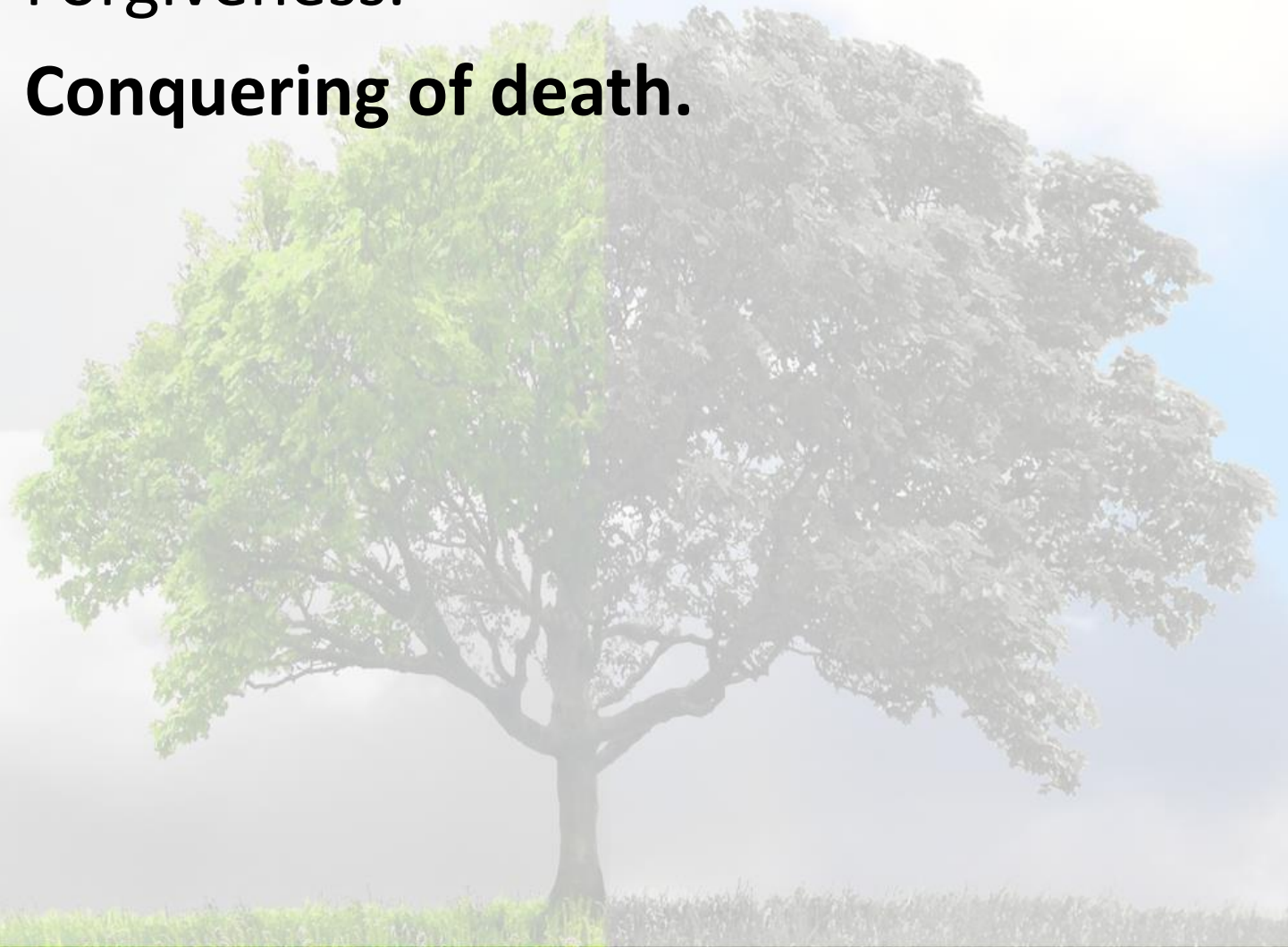
Surpassing worth of Jesus

- **Forgiveness.**



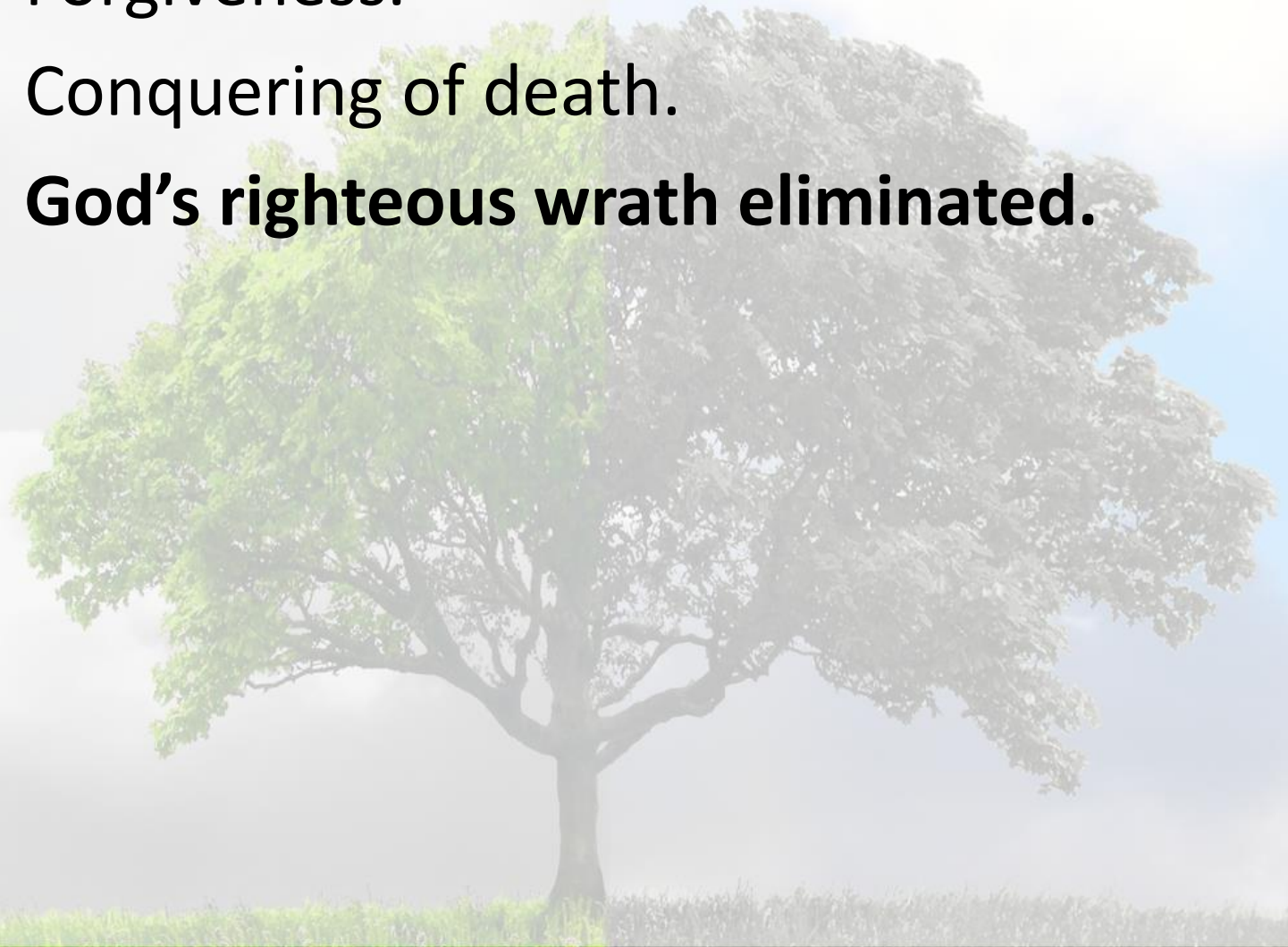
Surpassing worth of Jesus

- Forgiveness.
- **Conquering of death.**



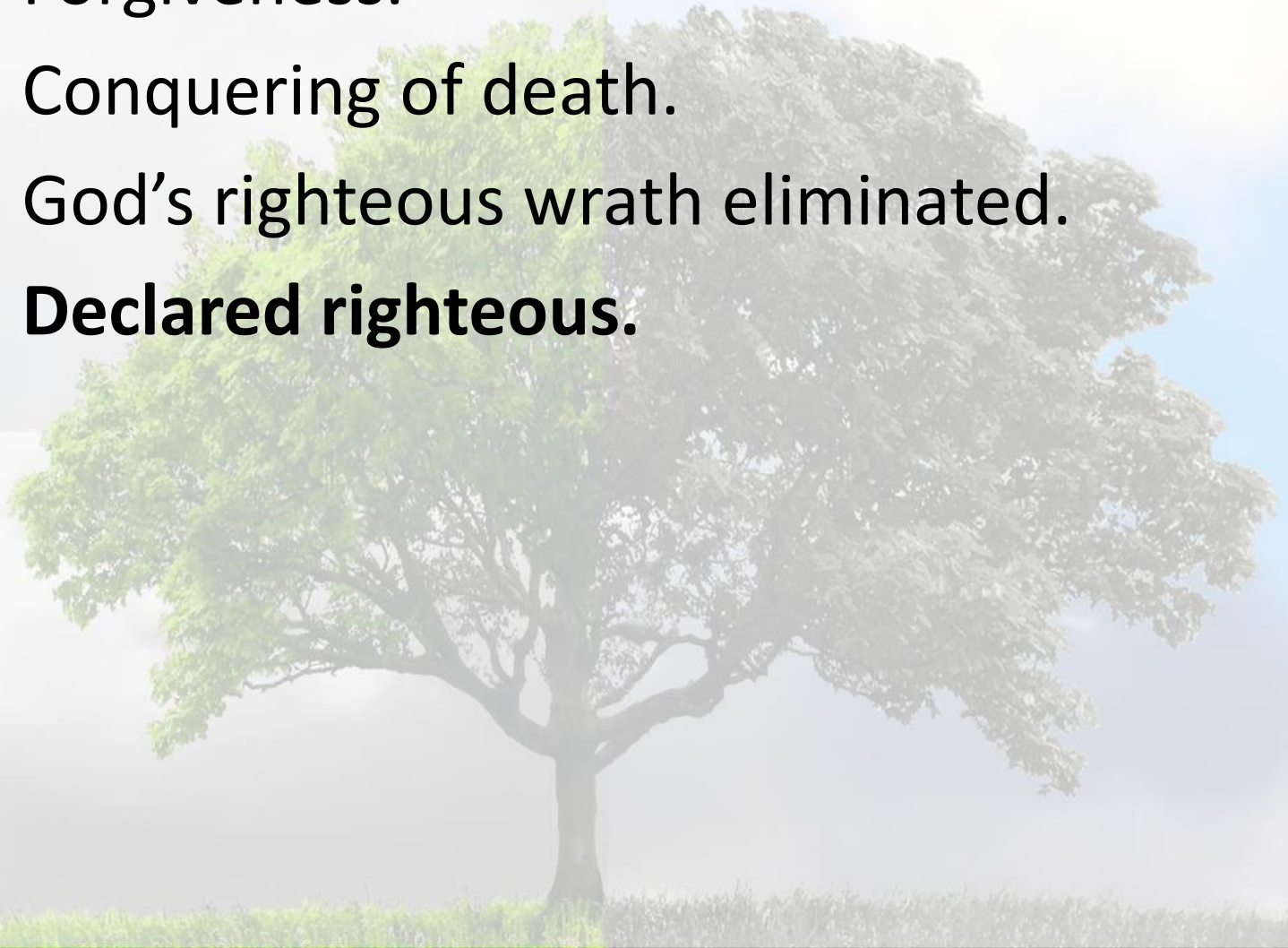
Surpassing worth of Jesus

- Forgiveness.
- Conquering of death.
- **God's righteous wrath eliminated.**



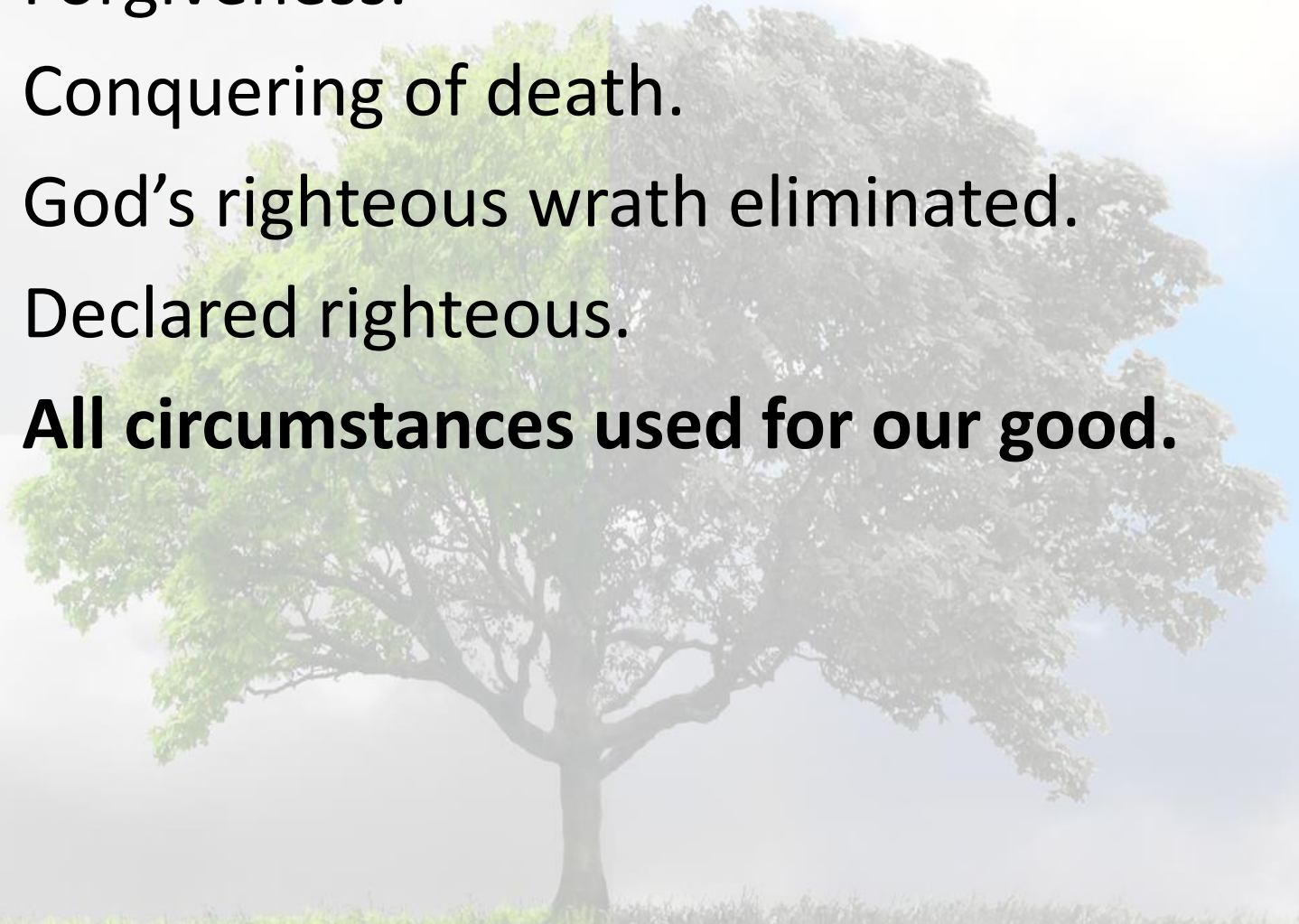
Surpassing worth of Jesus

- Forgiveness.
- Conquering of death.
- God's righteous wrath eliminated.
- **Declared righteous.**



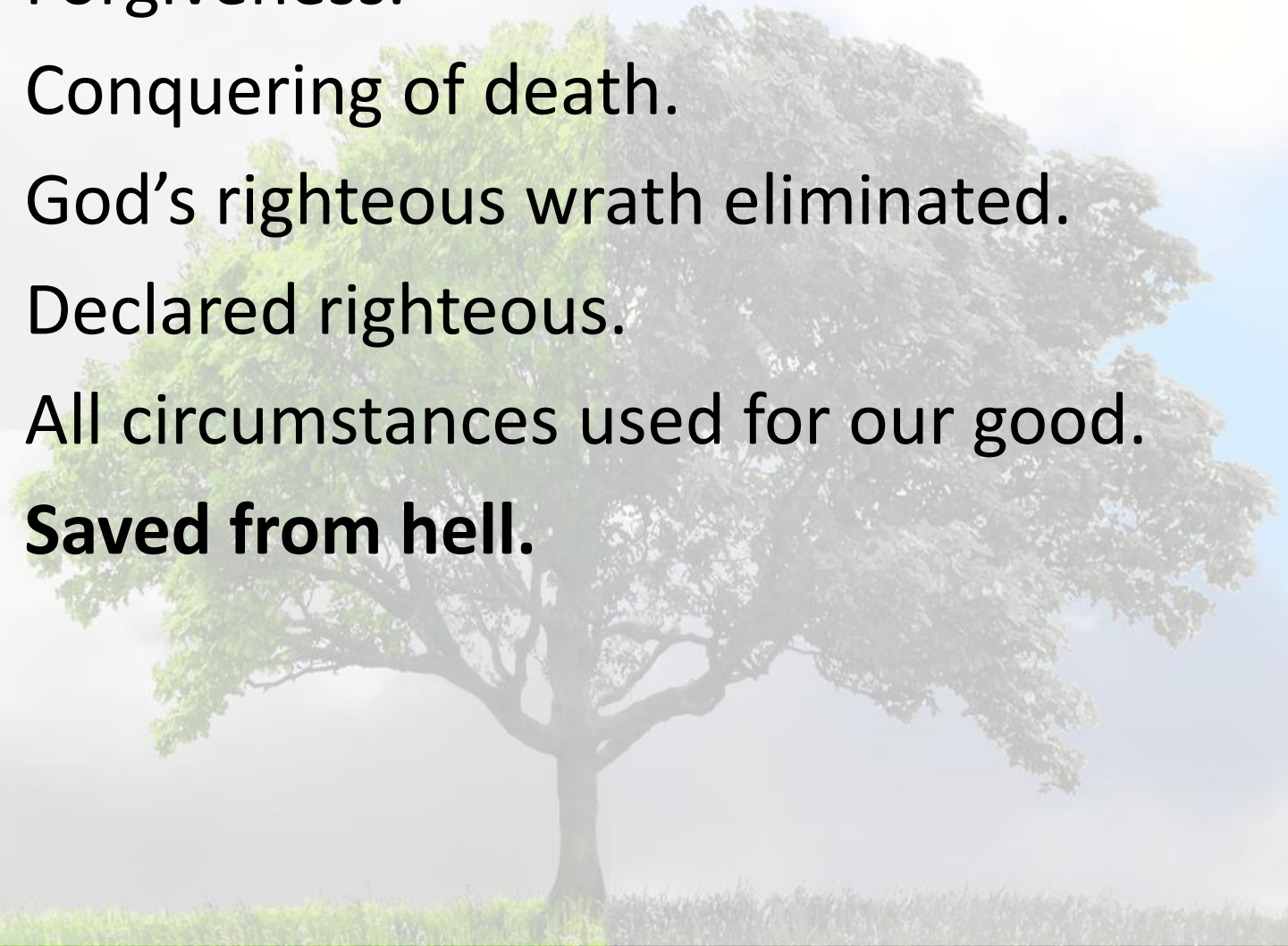
Surpassing worth of Jesus

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- **All circumstances used for our good.**



Surpassing worth of Jesus

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Surpassing worth of Jesus

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- **New eternal bodies.**

Surpassing worth of Jesus

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- All circumstances used for our good.
- Saved from hell.
- New eternal bodies.
- **All diseases and deterioration extinguished.**

Surpassing worth of Jesus

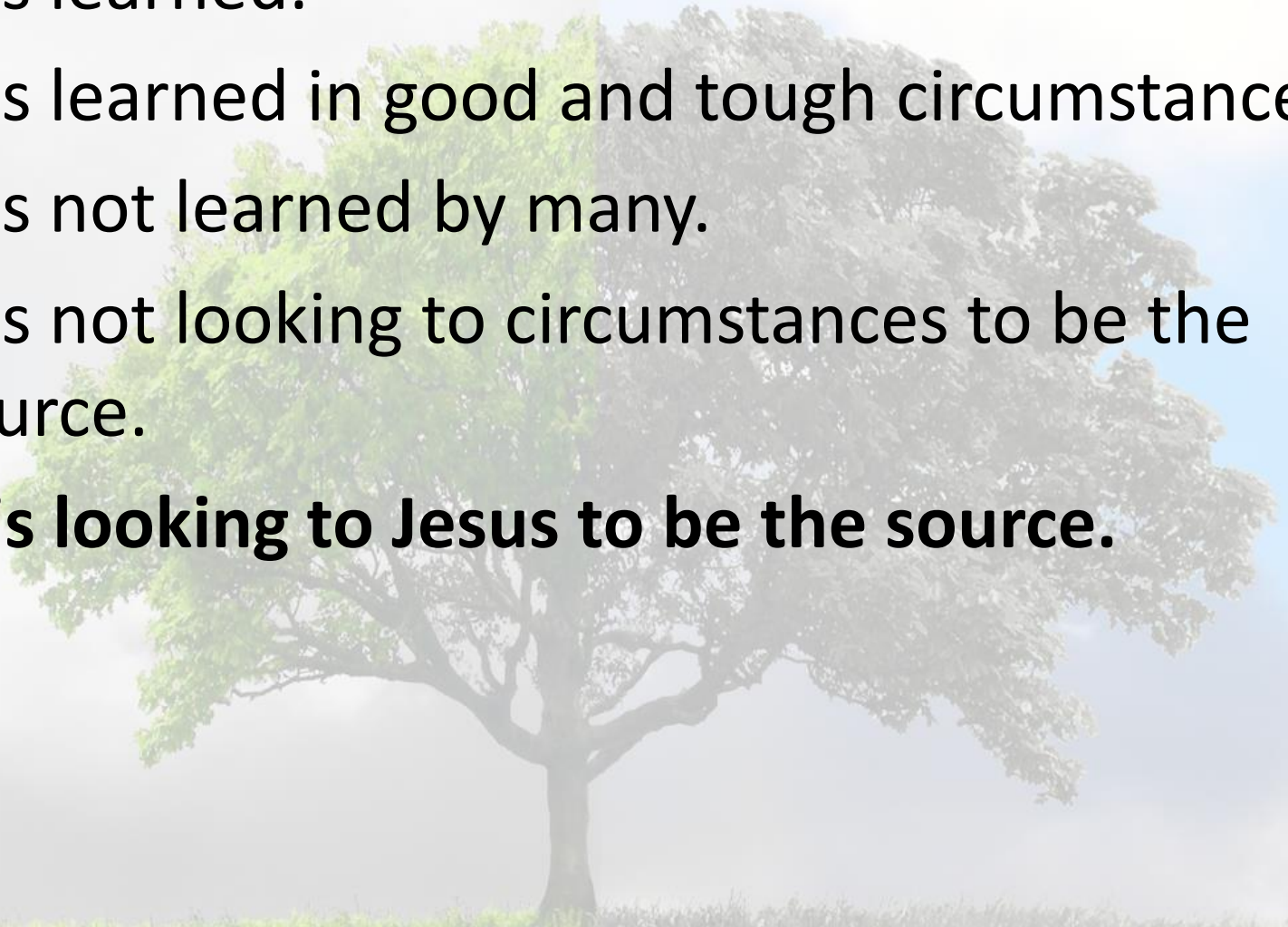
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- **New heaven and new earth.**

Surpassing worth of Jesus

- Forgiveness.
- Conquering of death.
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- Declared righteous.
- All circumstances used for our good.
- Saved from hell.
- New eternal bodies.
- All diseases and deterioration extinguished.
- New heaven and new earth.
- **Live in God's perfect, immediate presence forever.**

The secret to being content always:

- It is learned.
- It is learned in good and tough circumstances.
- It is not learned by many.
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- **Jesus empowers us to “Do all things.”**

Philippians 4:10-13

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What are “all things”?

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What are “all things”?

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The secret to being content always:

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- **Jesus empowers us to “Do all things.”**

What are “all things”?

- Genuine contentment in all circumstances.
- **The strength to do all Jesus asks us to do to promote Him.**

Philippians 1:18-21

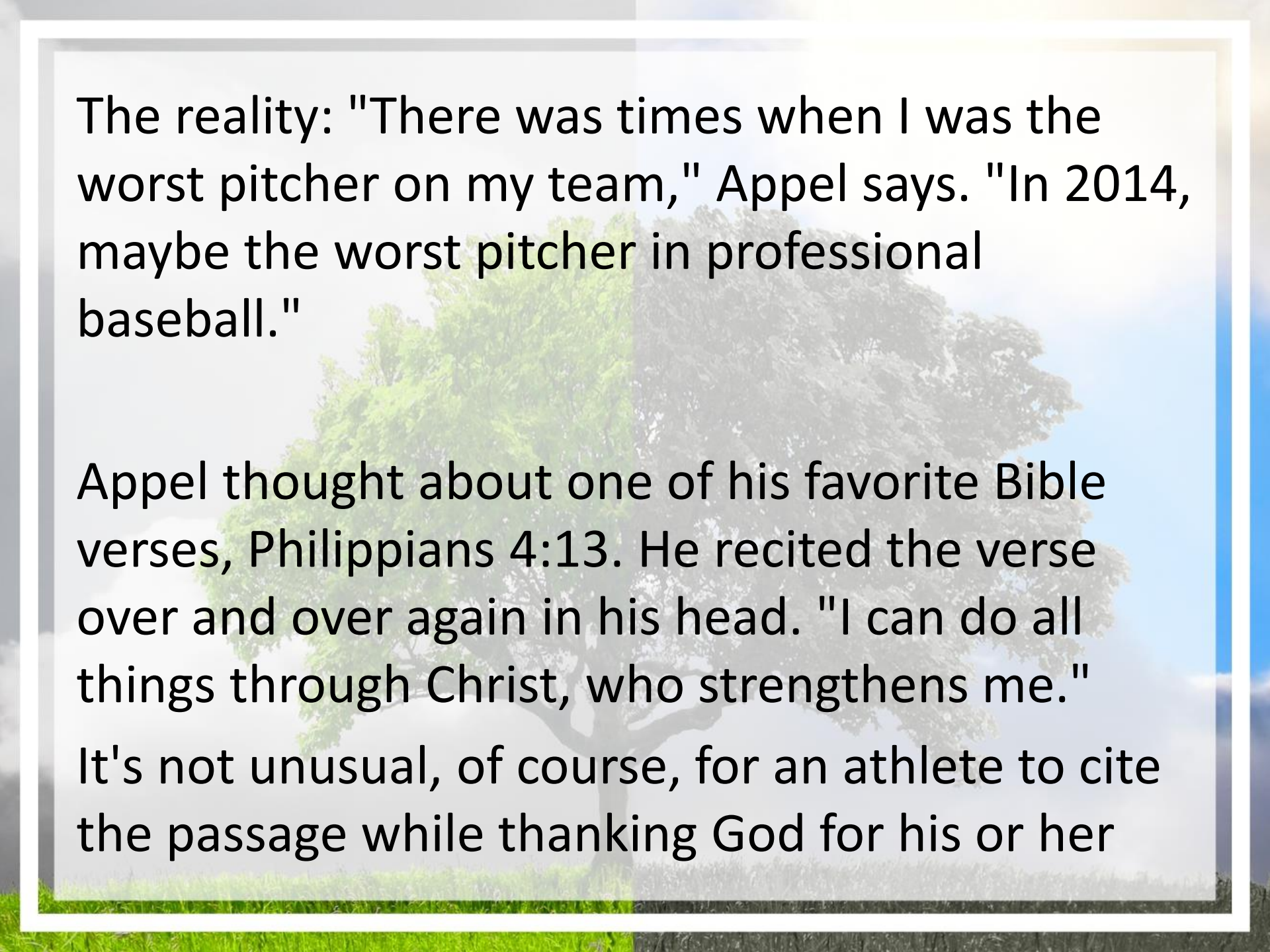
Yes, and I will rejoice, ¹⁹ for I know that through your prayers and the help of the Spirit of Jesus Christ this will turn out for my deliverance, ²⁰ as it is my eager expectation and hope that **I will not be at all ashamed**, but that with **full courage** now as always **Christ will be honored** in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



Why Mark Appel,
Perhaps the Biggest
Bust in MLB History,
Is Stepping Away at
26

JOON LEE FEB 1, 2018

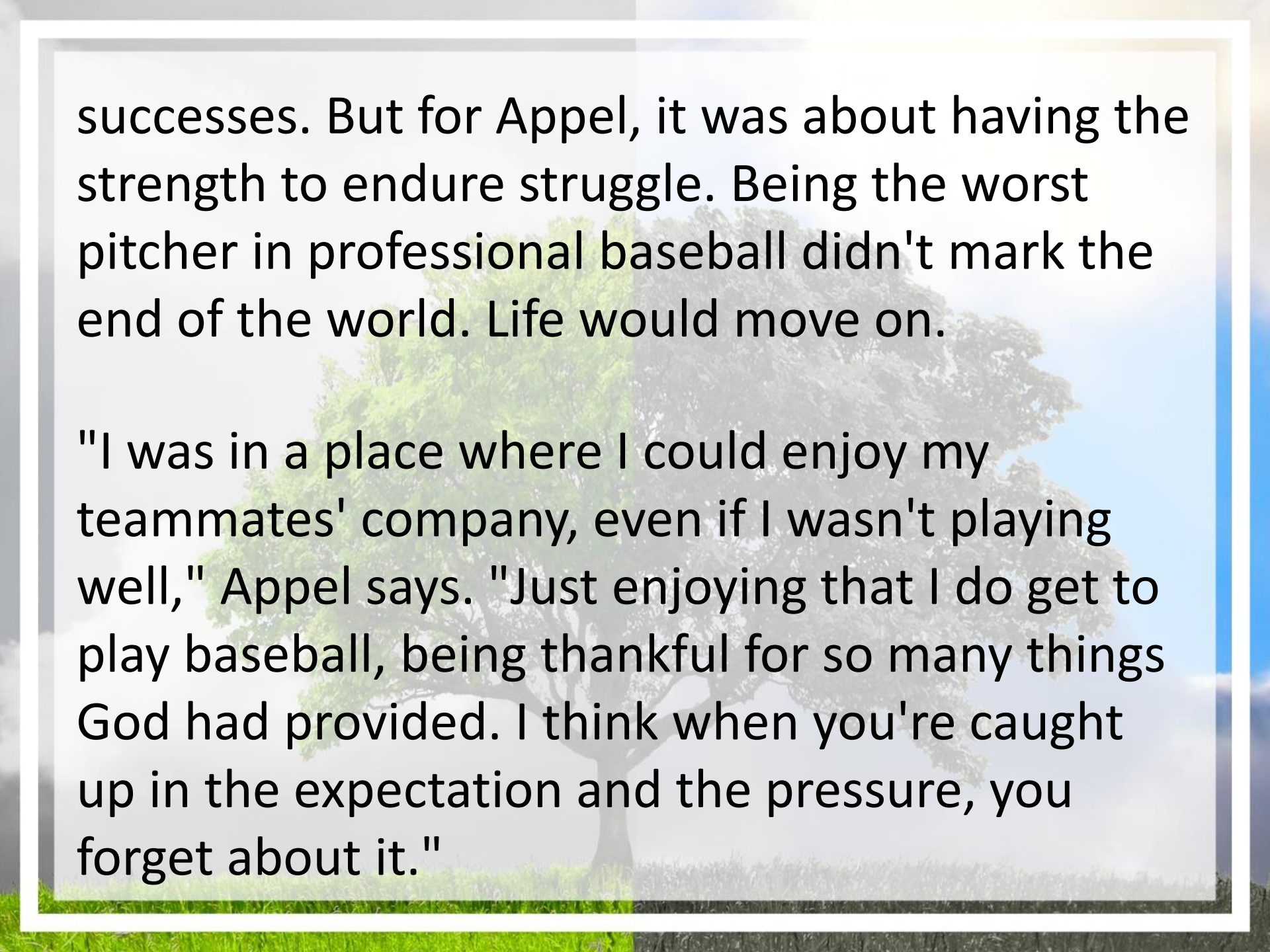




The reality: "There was times when I was the worst pitcher on my team," Appel says. "In 2014, maybe the worst pitcher in professional baseball."

Appel thought about one of his favorite Bible verses, Philippians 4:13. He recited the verse over and over again in his head. "I can do all things through Christ, who strengthens me."

It's not unusual, of course, for an athlete to cite the passage while thanking God for his or her



successes. But for Appel, it was about having the strength to endure struggle. Being the worst pitcher in professional baseball didn't mark the end of the world. Life would move on.

"I was in a place where I could enjoy my teammates' company, even if I wasn't playing well," Appel says. "Just enjoying that I do get to play baseball, being thankful for so many things God had provided. I think when you're caught up in the expectation and the pressure, you forget about it."

Takeaways:



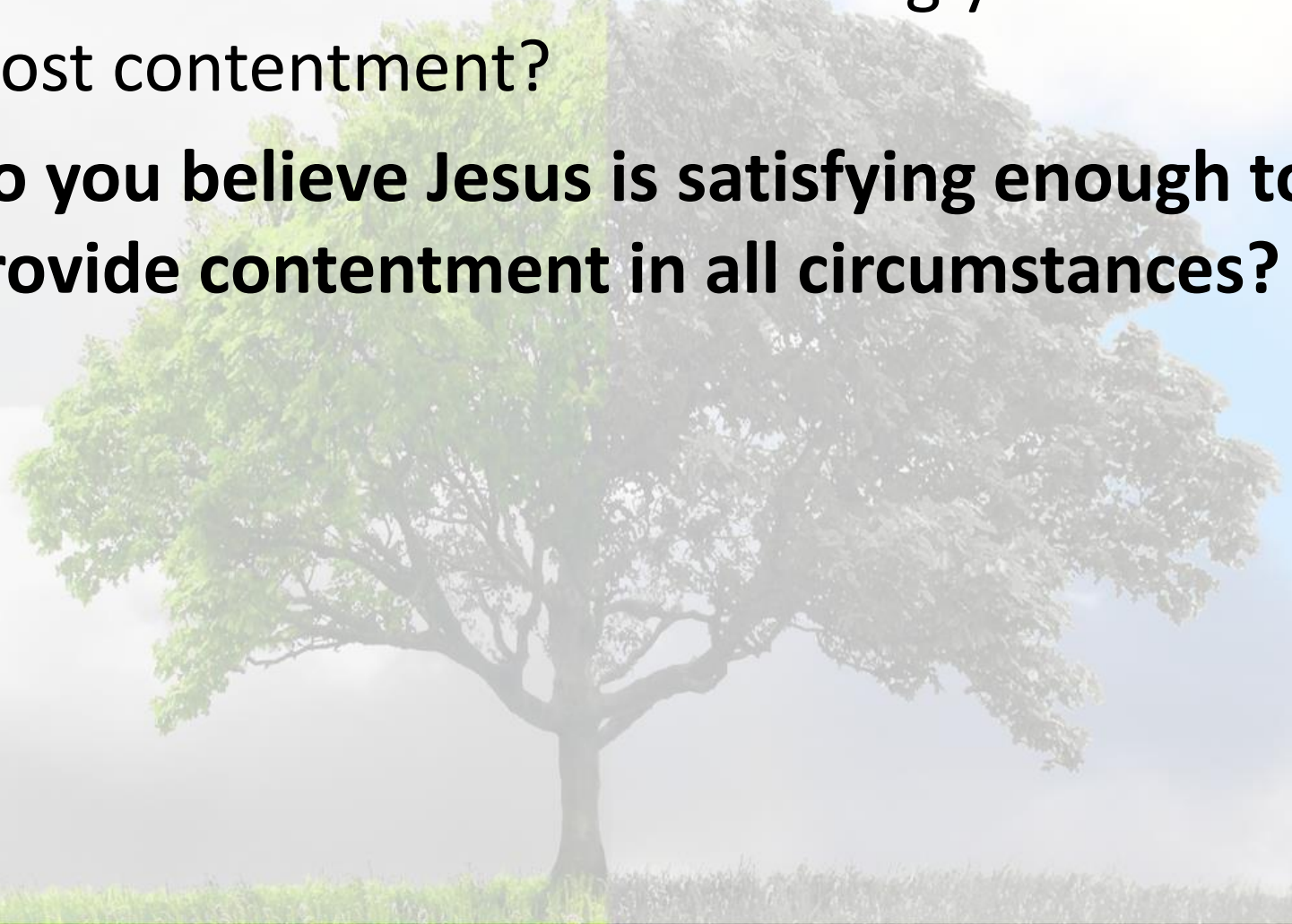
Takeaways:

- **What circumstances are robbing you of the most contentment?**



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- What circumstances are robbing you of the most contentment?
- **Do you believe Jesus is satisfying enough to provide contentment in all circumstances?**



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- What circumstances are robbing you of the most contentment?
- Do you believe Jesus is satisfying enough to provide contentment in all circumstances?
- **Find and hang with someone who has discovered and is living out this secret.**

Takeaways:

- What circumstances are robbing you of the most contentment?
- Do you believe Jesus is satisfying enough to provide contentment in all circumstances?
- Find and hang with someone who has discovered and is living out this secret.
- **Do whatever you can to grow in your understanding and experience of the superior worth of Jesus.**