



**Text: Philippians 4:10-13**

**Title: Cracking the Code**

**Big Idea: God is Enough**

**Summary:**

There is a battle happening in our hearts all the time. Pushing us to look past what we have to what we don't have. All sorts of sin and sourness and sadness can come from discontentment. We can push and push ourselves to try and get more, or better, and in the end still realize it isn't enough. On the flip side, contentment is possible. In verse 12 Paul says "I have learned...". This gives us hope. It implies that Paul didn't always know it. Contentment is something we can learn. It's a process. What hope.

To summarize. Contentment is being good with who you have in the midst of what you do or don't have. In other words, God is enough.

Let's debunk some unhelpful stereotypes that can often be associated with contentment. In order to do so, what isn't contentment?

- Contentment doesn't mean you just accept things as they are
- Contentment doesn't mean you lack desires
- Contentment doesn't mean difficult things won't hurt
- Contentment doesn't mean you aren't excited when things improve
- Contentment isn't automatic even in abundance and good times

So why does contentment matter so much? Here are 4 reasons.

1. Content people are shielded from all sorts of sin
2. Content people have unbreakable joy
3. Content people ride the ups and downs of life without crashing
4. Content people can see past present frustrations to God's plan



Paul cracked the code. Happy when he shouldn't have been. Content no matter what. His secret? God. God is enough.

**Questions:** (Read Philippians 4:10-13 together before going through the questions)

1. Where have you seen or heard the verse "I can do all things through him who strengthens me"?
2. Look at verses 11-12. Paul says he is "content". From these verses, what do you think Paul means when he says that he is "content"?
3. Read verse 11. Paul says he "learned" to be content. If Paul learned to be content. We can too. What reactions do you have to this idea of learning to be content?
4. Think about an area of your life that you might be discontent in. What could it look like for you to trust that God is enough in this specific area of your life?
5. Max Lucado says, "Contingent contentment turns us into wounded, worried people. But Christ-based contentment turns us into happy people. Death, failure, betrayal, sickness, disappointment—they cannot take our joy, because they cannot take our Jesus." Why is Christ-based contentment so much better than contingent contentment?

### **Pray Together as a Gospel Community**

(Use the prompt below. Aim to pray together for 15-30 minutes)

- How can we pray for each other?

### **Quotes:**

- "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, Rare Jewel Of Christian Contentment)



- “I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer.” (Jim Carrey)
- “Contentment is far more powerful than a change of circumstances. Instead of being sourced on the outside and subject to changing circumstances, biblical contentment comes from within and endures through the spectrum of circumstances.” (Erik Raymond)
- Contingent contentment turns us into wounded, worried people. But Christ-based contentment turns us into happy people. Death, failure, betrayal, sickness, disappointment—they cannot take our joy, because they cannot take our Jesus. Write this down! In Christ you have everything! He can give you a happiness that can never be taken, a grace that will never expire, and a wisdom that will ever increase. He is a fountain of living hope that will never be exhausted!” (Max Lucado)

### **Additional Bible Passages**

- Psalm 73.26-28
- Romans 8.31-32
- Revelation 21.3-5