

# THE SECRET OF CONTENTMENT

## Sermon Outline

An Exposition of Philippians 4:10-13  
By Pastor Brent Tremblay, Sunday, May 31, 2020

Theme: Paul gives us an inside look at what it takes to remain content at all times.

### 1. Paul's Contentment (v 11)

Content: while in prison, maligned by so-called fellow believers, under a possible death sentence

The Philippians who suffered their own share of misfortunes.

What did Paul learn? That his joy was entirely independent of all external circumstances.

### 2. Paul's Confidence And Stability (v 12)

When did he learn this secret? When his material needs were met as well as when they were not met.

How did he learn this secret? Through ups and downs in his life, through church conflicts (v 2), and as he learned to pray (v6).

He had learned:

- a) The Spirit's intercession (Rom 8:27)
- b) Every position he was in was God-ordained (Rom 8:28)
- c) God was using everything to conform him into the image of Christ (Rom 8:29)
- d) God was for him and not against him (Rom 8:31)

### 3. What Was His Secret? (v 13)

#### **Trusting God and resting in the will of God**

"I can do all things" – NOT – I can jump off buildings and fly!

But being strengthened "through HIM", i.e. wherever God placed him, and with whatever God gave him in HIS WILL.

## Bible Study Questions

1. What prevented the Philippian believers from showing their concern for Paul? (v 10)
  
2. What does it mean to be content? How does our understanding of contentment (nowadays) conflict with Paul's experience of contentment (then)? How would anyone naturally respond to Paul's circumstances? (v 11)
  
3. What lesson did Paul learn through the situations he went through?
  
4. How did Paul learn these lessons? (v 12) (1 Peter 5:6)
  
5. Name at least four things Paul learned to trust in from Romans 8:27-31.
  
6. What did Paul mean when he said, "I can do all things through him who strengthens me?" (v 13) Discuss.
  
7. What does it mean to ABIDE in Christ? (John 15:4,5,7) (Read 1 Peter 5:6-11)
  
8. Have you learned the secret of contentment in your life? If so, how? If not, what will you begin to do differently?